

# **LB Havering JSNA 2025**

## **Living Well, Ageing Well & Dying Well**

**Draft 5 v1**

**FOR HWB APPROVAL**



**Havering**  
LONDON BOROUGH

# **Havering Joint Strategic Needs Assessment (JSNA) 2025**

## **Living Well, Ageing Well & Dying Well Profiles**



[publichealth@havering.gov.uk](mailto:publichealth@havering.gov.uk)

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The background of the image features a collage of financial data visualizations. At the top, there are bar charts with blue and grey bars, some labeled with numbers like 11, 12, 03, and 05. A line graph with a blue line is also visible in the upper right. A magnifying glass is positioned over a bar chart in the lower right, showing two bars with values 10,790 and 12,790. Another line graph is visible in the bottom right corner. The overall theme is financial analysis and data visualization.

# Infographic Summary

# Infographic Summary

## Population & Health Outcomes

### POPULATION & HEALTH OUTCOMES



According to the ONS 2023 mid-year population estimates, the Havering resident population is currently estimated to be **268,145**, an increase by **3.4%** in the last 5 years.



The Havering over 65 population (**16.7%**) remains higher than the London average (**12.2%**) but slightly lower than the England average (**18.7%**).



In 2024 there were an estimated **34** people aged 65 and over for **every 100** Havering residents of "working age" (20-64 years).



Non-communicable diseases make up approximately **79%** of the burden of disease experienced by Havering residents; the largest contributors of non-communicable disease being neoplasms (**17%** of the burden of DALYs), cardiovascular disease (**12%** of the burden of DALYs) and musculoskeletal disorders (**9%** of the burden of DALYs)



Havering is ranked near to the National average regarding an Active and Engaged Community (**14,510/33,755**), however has a higher score than the National average in the Loneliness Index (**Havering, 1.22; England 0.07**)

### Wider Determinants of Health





## PLACES AND COMMUNITIES



**Domestic abuse** in Havering has seen a steady increase over the past 3 years (668 per quarter in 2021 to 746 per quarter in 2022) and now constitutes **14% of reported crime**. This is the only crime type in Havering reported to reach a rate (34.5/1,000) similar to London average (34.5/1,000).



In 2024, Havering earned a combined score of **1.97** out of **10** in the overall **Healthy Street Score Card Assessment**– the **fifth lowest** in London.



In 2022, it was estimated that the equivalent of **6.4% of all-cause deaths** amongst adults aged 30 and over in Havering could have been attributable to exposure to **PM2.5 air pollution**.



In 2021/22, the number of premises licensed to sell **alcohol per square km in Havering (5.2)** was higher than England average (**1.3 per square km**), but significantly below the London average (**13.7 per square km**)



Havering's resident **digital exclusion risk index (2.8)** is slightly higher than the London average (**2.7**).



In 2021, Havering had the highest age standardised proportion (ASP) of residents providing **unpaid care (8.7%, 20,637 residents)** among all local authorities in London (**London average, 7.8%**).



In Havering, 2% of the population identify with one of the **LGBTQ+** orientations.



**3,645 residents** in Havering previously served in UK regular **armed forces** and **1,243** in UK reserve armed forces.

## Lifestyle & Behaviours

### LIFESTYLE & BEHAVIOURS



In 2022/23, based on the latest Sport England Survey data from OHID, **65.8% of adults in Havering (18+)** were classified as **overweight or obese** using self-reported height and weight. This is in line with the **England average (64%)**



Havering had one of the highest proportions of respondents reporting being **physically inactive, at 27.9%**, higher than both London (**22.9%**) and England (**22.3%**) averages



Havering's adult **smoking prevalence** over the latest 3-year period (2021 to 2023) was **12.4%**, similar to London (**11.6%**) and England (**12.4%**) averages.



In 2023/24, the percentage of **pregnant women smoking** at time of delivery in Havering was **3.7%**, similar to London average (**3.9%**), but lower than the England average (**7.4%**)



The latest data (2023) shows that for every 100,000 deaths in Havering, **36 are related to alcohol**. This death rate is similar to the London (**34/100,000**) and England (**41/100,000**) averages



Number of Havering residents in treatment for **substance misuse** has increased from **528 in 2020/2021** to **1,093 in Q2 2024**. This was facilitated by offering additional capacity using a supplementary grant which will end in April 2025

## INTEGRATED HEALTH & SOCIAL CARE



During the 2021-23 period, the under 75 mortality rate from **all cancers** in **Havering (116/100,000)** was higher than London average (**110/100,000**) but lower than England average (122). Under 75 mortality rate for **colorectal cancer** in Havering over the same period (12.1/100,000) was higher than both London (10.5/100,000) and England (11.9/100,000) averages



It is estimated that **5,265 residents** in Havering could be having **diabetes** without knowing it. Around **14,000 residents** currently do not know they have hypertension and therefore cannot seek help to stop the consequences



In 2023/24, the number of adults who were registered to a GP practice in Havering and had **depression or anxiety disorder** was **17% (49,665)**



According to GP records, **0.8%** of the Havering adult population (**2,073**) have a **Severe Mental Illness (SMI)**.

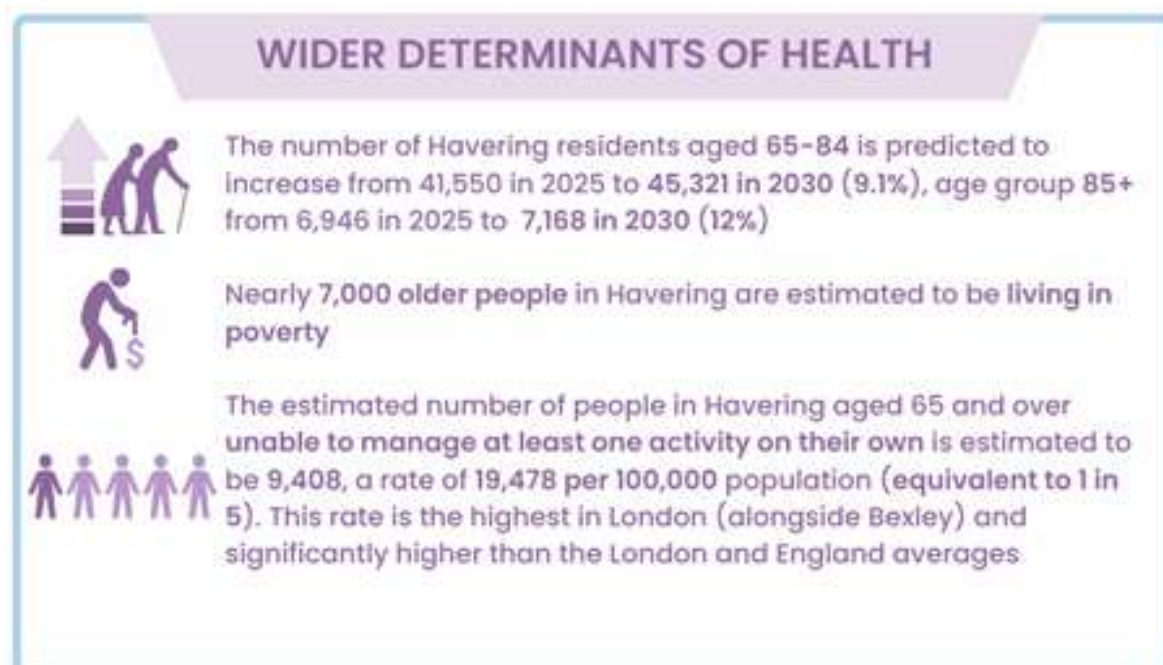


In 2023/24, **1,368 Havering** residents aged 18-64 received a total of **2,043 care packages** support from Havering Adult Social Care



## Ageing well

### Wider Determinants of Health



### Places & Communities





## *Lifestyle & Behaviours / Healthy Ageing*

### LIFESTYLE & BEHAVIOURS



In 2023/24, all Havering PCNs achieved the bowel screening coverage target of 60%. Nonetheless, latest available data on cancer staging (2019-21, NDRS) found that nearly 70% of rectal cancers and over 50% of colon cancers in Havering were diagnosed in later stages



Havering has around 8,061 residents who are recorded to be frail. Havering South PCN (3,758), Liberty PCN (1,587) and Havering North PCN (1,530) have the highest number of patients of age 65+ who have a frailty diagnosis



In 2023/24, the Havering coverage of both pneumococcal and shingles vaccines was above the London and England averages. Flu vaccine coverage of those aged 65 and over was 72.7% (below England average 77.8%)

## *Integrated Health & Social Care*

### INTEGRATED HEALTH AND SOCIAL CARE



The percentage of Havering residents aged 75 years and over having emergency admissions within 30 days of discharge (20.8%) in 2023/24 was slightly higher than London (19.1%) and England (17.2%) averages. However, 87.3% of those age 65 and over remained at home 91 days after discharge from hospital.



In 2023/24, the percentage of patients with delayed discharge from BHRUT hospitals (53%) was similar to the London average



There are an estimated 3,121 people with Dementia in Havering. In 2024, the number of people diagnosed was 1,757. A further 335 people need to be diagnosed to meet the national diagnosis target of 67%



In 2023/24, 4,483 Havering residents aged 65 years and over received support in form of 6,655 care packages from Havering Adult Social Care



In 2021/22, 282 Havering residents aged 65 years and over were admitted permanently to residential or nursing care homes. This was the third highest number in London



60% of the Havering adult social care service users aged 65 years and over are overall extremely or very satisfied compared to 54.9% for service users in London and 61.8% for service users in England

## Dying well

### DYING WELL



In 2023, 11.3% of people of pension age in Havering were living in poverty in their last year of life



The percentages of people dying at hospitals across all age groups in Havering were significantly lower than London averages. In addition, the percentages of people dying at home across all ages were marginally lower than London averages in 2022. Nonetheless, the percentages of the residents dying at care homes across all ages in Havering were significantly higher than London average



In 2024, 61% of the service users at Saint Francis Hospice in Havering, were cancer patients, and 39% had dementia, frailty, COPD, heart failure, Parkinson's disease and other neurological conditions



The ethnicity composition of those receiving palliative care at Saint Francis hospice (White 85.7%, Asian 5.1%, Black 3.8% and others 5.5%) reflects underlying population distribution of Havering residents



Havering's achievement of the preferred place of death in 2024 was just above 80% in care homes and hospice sector.

## Executive Summary

This publication of the Joint Strategic Needs Assessment (JSNA) covers the life courses of living well, ageing well, and dying well. There are no clear boundaries for these life courses, but this approach helps us to focus on key issues that prevail at each life course.

The recommendations in this profile are evidence-based and highlight any existing inequalities. They are intended for commissioners and local providers to address the causes and consequences of poor health and wellbeing through prevention, early intervention, and collective activity.

All things being equal, the size and age structure of the population are the most direct drivers of the need for health and care services. The type and quantity of health and care services vary with age, and they are generally higher in the early years and much higher in old age. Not all older people are frail, but Havering has around 8,061 residents recorded as frail.

In addition to the demographic characteristics, a person's physical and mental health and wellbeing are influenced throughout life by the wider determinants of health. These are a diverse range of social, economic and environmental factors, alongside behavioural risk factors which often cluster in the population. All these factors can be categorised as protective factors or risk factors. Health outcomes could become unequal due to the interaction with these factors within or outside individuals.

There are some situations where the Havering population is in a fair position. The long-term unemployment rate (1.8 per 1,000 working-age population, 294 people) was similar to London's average (1.9) in 2021/22. Havering has a relatively low number of rough sleepers compared with many other London authorities. After a number of years of increases, the most recent figures show this has declined from 58 (2022/23) to 39 (2023/24). 1,007 families and 2,127 single people were relieved from homelessness in 2023/24.

Crime, particularly violent crime, negatively impacts the health of victims and the wider community. Fear of crime and antisocial behaviour have wider effects, deterring residents from using community assets and reducing social interaction. Havering Council has a strategy to reduce the incidence of violence and knife crime. The latest data (2023/24) shows Havering was ranked 26th out of 32 London boroughs for the total number of notifiable crimes (TNO) and 24th for the total number of recorded violent crimes.

By influencing opportunities, skills, employment, and earning potential, increasing educational attainment is associated with improved health behaviours and outcome measures such as life expectancy. We should not be content that 20% of residents in Havering aged 16+ reported having no formal qualifications in 2021, the 7th worst rate in London.

The term 'toxic trio' is used by some professionals to refer to the co-occurrence of parental domestic abuse, parental substance misuse and parental mental illness in a child's life<sup>1</sup>. Unfortunately, domestic abuse (DA) in Havering has seen a steady increase over the past 3 years and now constitutes 14% of reported crime. However, in 2023/24, the rate of admissions due to alcohol-related conditions for persons aged 65 and over in Havering (564/100,000) was lower than the London (783/ 100,000) and England (864/100,000) averages. 2,073 adults are

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<sup>1</sup><https://learning.nspcc.org.uk/news/why-language-matters/how-toxic-trio-is-unhelpful-and-inaccurate#:~:text=The%20term%20%27toxic%20trio%27%20is,be%20experiencing%20abuse%20or%20neglect.>

recorded to have serious mental illness, and nearly 50,000 adults have depression or anxiety disorder.

People with poor health and/or disability are at particular risk of disadvantage in all its forms, e.g. people living with a long-term condition, mental illness or mental and physical disability are more likely to be living on a low income, be unemployed or in unsuitable housing putting them at additional risk of further decline. The DWP, the Council and the providers such as NELFT and CGL are working on a programme called Individual Placement Scheme to improve employment of those with mental health conditions, substance misuse, disability and other risk factors. For those who are severely disabled to care for themselves, adult social care supports them. In 2024, 1,368 residents aged 18-64 received the support of Havering Adult Social Care, receiving 2,043 care packages.

The built and natural environments are part of the wider determinants of health and wellbeing, significantly influencing physical and mental health and health inequalities.<sup>2</sup> Some of our most pressing health challenges, including obesity, poor mental health issues and physical inactivity (please refer to the infographics summary of findings) are influenced by our environment. This underlines the importance of leveraging every opportunity within the work of the Council, NHS and other partners to support the delivery of health promoting and protecting environments and ensuring that health is effectively considered within planning and delivery of regeneration and infrastructure project<sup>3</sup>.

The co-authors of this JSNA urge the Council as a local planning authority to explore and quantify any opportunities arising from the proposed amendments to the National Planning Policy Framework that will enable additional housing schemes that meet local needs to be brought forward, including those arising through proposed changes to utilisation and definition of brownfield and grey belt land. As part of supporting a diverse local retail offer, the Council should consider any opportunities for further policies (including the new Local Plan) that may prevent the further proliferation of fast food takeaways, alcohol-licensed premises, and other retail premises with negative health and wellbeing impacts, particularly in areas of highest deprivation.

In health and care, we can see the evidence that prevention has worked. The hospital admission rate from stroke in Havering in 2022/23 was 121 per 100,000, which was lower than the England average (168 per 100,000). Hospital admissions from uncontrolled long-term conditions overall in Havering were better than the London average but similar to the England average. The percentages of people dying at hospitals across all age groups were significantly lower than the London average.

However, health inequality exists between the deprived and the less deprived regarding health outcomes. Circulatory diseases and cancer are the two top causes behind the differences in life expectancy. In 2022/23, Havering's under 75 mortality rate from cancers (116 per 100,000) was higher than the London average (110 per 100,000). A very high percentage and number of the cancers of the lung, colon and rectum were diagnosed at late stages (3 and 4) in 2019-21. A high percentage of the cancers of the oesophagus, pancreas, stomach and oral cavity were also diagnosed at late stages.

As discussed at the beginning, Havering services have been trying to meet the demand related to its ageing population. In 2023/24, 4,483 residents aged 65 years and over received support from Havering's Adult Social Care. Altogether, they received 6,655 care packages. It is also

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<sup>2</sup> <https://www.gov.uk/government/publications/phe-healthy-places/phe-healthy-places>

<sup>3</sup> Putting Health Into Place (2019) <https://www.england.nhs.uk/wp-content/uploads/2019/09/philp-executive-summary.pdf>



crucial that dementia is diagnosed early so that support for the affected resident and family can be planned early including management of symptoms. Havering's diagnosis rate is 56.3%, below both London and England averages.

The Havering JSNA steering group recommends that HWB members support the implementation of the following published strategies that will have a positive impact on Havering's population health:

- Poverty Reduction Strategy
- Serious Violence Strategy
- Healthy Weight Strategy
- Tobacco Harm Reduction Strategy
- Combating Substance Misuse Strategy
- North East London Sexual and Reproductive Health Strategy
- Suicide Prevention Strategy

The following recommendations are also made to the Health and Wellbeing Board by the JSNA steering group:

- To improve early diagnosis of cancers through further improving screening coverage, raising awareness of cancers with highest numbers of late diagnosis among the residents (lung, colorectal, upper GI, prostate), working with GPs to review opportunities for early detection and appropriate referrals, and strengthening diagnostic capacity including the use of the RDC (rapid diagnostic clinic) and targeted lung health check.
- To strengthen the community infrastructure and awareness to improve the detection of hypertension, obesity, atrial fibrillation and prediabetes and to use transformation and innovation (which includes digital health/medical technologies) to speed up diagnosis and management of LTCs.
- To review and improve where necessary the current approach to the delivery and monitoring of long-term conditions (e.g., diabetes, long-covid) to ensure access to effective care, self-management and peer support.
- To support individuals with mental health conditions to live, fulfilling, meaningful and healthy lives, and ensure equitable access to mental health services, and doing so in a timely manner to prevent deterioration of mental health to crisis presentations
- To support implementation of plans developed by the BHR Planned Care Transformation Board to reduce waiting times for planned care.
- To enable same day access to urgent care in the community whenever possible, and, if a visit to the Emergency Department is needed, to provide a positive experience
- To use Population Health Management (PHM) approach to identify the avoidable risk factors for learning disability and other care packages; and to recommend most effective mental health and physical support interventions, including the use of technology for better and efficient care.
- To empower older people to live independently in their own homes with appropriate care and support and to facilitate social connectivity.
- To support residents by ensuring that the last stages of their life happens in the best possible circumstances, receiving the right help at the right time from the right people, and place.

## List of abbreviations

Abbreviation	Full Form
AAA	Abdominal aortic aneurysm
ADDER	Addiction, Diversion, Disruption, Enforcement and Recovery Project
ADHD	Attention deficit hyperactivity disorder
AHAH	Access to Healthy Assets and Hazards
AI	Artificial Intelligence
ASB	Anti-Social Behaviour
ASC	Adult Social Care
ASH	Action against Smoking and Health
ATR	Alcohol Treatment Requirement
BAME	Black, Asian and Minority Ethnic
BHR	Barking, Havering and Redbridge
BHRUT	Barking, Havering and Redbridge University Hospitals NHS Trust
BMI	Body Mass Index
CDP	Combating Drugs Partnership
CGL	Change Grow Live (Substance Misuse Provider)
CI	Confidence Interval
CIL	Community Infrastructure Levy
CMD	Common Mental Health Disorders
COPD	Chronic Obstructive Pulmonary Disease
COVID-19	Coronavirus SARS-COV-2
CQC	Care Quality Commission
CSP	Community Safety Partnership
CVD	Cardiovascular disease
DA	Domestic Abuse
DALY	Disability adjusted life year
DATRIG	Drugs and Alcohol Treatment and Recovery Improvement Grant
DDR	Drug Diversion and Referral
DES	Diabetic eye screening
DPP	Diabetes Prevention Programme
DV	Domestic Violence
DWP	Department for Work and Pensions
ED	Emergency Department
EHCH	Enhanced Health in Care Homes
EoL	End of Life
EoLC	End of Life Care
EV	Electric Vehicle
FIT	Faecal immunochemical test
GBMSM	Gay, Bisexual and Men Who Have Sex With Men
GCSE	General Certificate of Secondary Education
GI	Not found in predefined list
GLA	Greater London Authority
GP	General Practitioner

Abbreviation	Full Form
GPPS	GP Patient Survey
HCSP	Havering Community Safety Partnership
HIV	Human Immunodeficiency Virus
HMO	Home of Multiple Occupation
HPV	Human papillomavirus
HRA	Housing Revenue Account
HSG	Housing Support Grant
HWB	Health and Wellbeing Board
IAPT	Improving Access to Psychological Therapies
ICB	Integrated Care Board
ICP	Integrated Care Partnership
ICS	Integrated Care System
IDAOP	Income Deprivation affecting older people index
IDVA	Independent Domestic Violence Advisor
IMD	Index of Multiple Deprivation
INT	Integrated Neighbourhood Teams
IOM	Integrated Offender Management
IPD	Inpatient Detoxification
IPS	Individual Placement and Support
JSA	Job Seekers Allowance
JSNA	Joint Strategic Needs Assessment
KSI	Killed or Seriously Injured
LAS	London Ambulance Service
LBH	London Borough of Havering
LD	Learning Disability
LES	Locally Enhanced Services
LFS	Labour Force Survey
LGBTQ	Lesbian, gay, bisexual, transgender, and questioning (or queer)
LIP	Local Implementation Plan
LTC	Long-term conditions
MARAC	Multi Agency Risk Agency
MDT	Multi-disciplinary team
MECC	Making every contact count
MH	Mental Health
MPS	Metropolitan Police Service
MSK	Musculoskeletal
NDRS	National drug referral service
NDTMS	National drug treatment management service
NEET	Not in Education, Employment, or Training
NEL	North East London
NELCA	North East London Cancer Alliance
NELFT	North East London Foundation Trust
NHL	Non-Hodgkin lymphoma
NHS	National Health Service
NHSE	NHS England

Abbreviation	Full Form
NICE	National Institute for Health and Care Excellence
NIHR	National Institute for Health and Care Research
NVQ	National Vocational Qualification
OCU	Opiate and Crack Use
OHID	Office for Health Improvement and Disparities
ONS	Office for National Statistics
PCN	Primary Care Network
PHE	Public Health England
PHI	Public Health Intelligence
PHM	Population Health Management
PID	Pelvic Inflammatory Disease
PM	Particulate matter
PMLD	Profound and multiple learning disability
POPPI	Projection Older People Population Information system
PTALS	Passenger Transport Access Level
QALY	Quality adjusted life year
RSDATG	Rough Sleeping Drug and Alcohol Treatment Grant
RTT	Referral to Treatment
SARS	Severe acute respiratory syndrome
SEND	Special Educational Needs and Disabilities
SMI	Serious Mental Illness
SOIR	Synthetic opioids incident response
SSMTR	Substance Misuse Treatment and Recovery
STI	Sexually Transmitted Infection
TNO	Total Notifiable Offences
UCL	University College London
UEC	Urgent and Emergency Care
UK	United Kingdom
UT	University Trust
VAT	Value Added Tax
VCS	Voluntary Control Sector
WHO	World Health Organisation



# 1. Introduction

## What is JSNA?

The Joint Strategic Needs Assessment (JSNA) is a systematic method for reviewing the issues facing a population, leading to agreed priorities and resource allocation that will improve health and wellbeing and reduce inequalities within the population. The Health and Social Care Act 2012 supports the principle of local clinical leadership and democratically elected leaders working together to deliver the best health and care services based on the best evidence of local needs. JSNAs which are utilised in developing Joint Health & Wellbeing Strategies (JHWSs) are important, locally owned processes through which to achieve this.<sup>4</sup>

## Purpose of the JSNA

The purpose of JSNAs and JHWSs is to improve the health and wellbeing of the local community and reduce inequalities for all ages. They are not an end in themselves, but a continuous process of strategic assessment and planning. The core aim is to develop local evidence-based priorities for commissioning which will improve the public's health and reduce inequalities. Their outputs, in the form of evidence and the analysis of needs, and agreed priorities, are used to help to determine what actions local authorities, the local NHS and other statutory and voluntary sector partners need to take to meet health and social care needs, and to address the wider determinants that impact on health and wellbeing<sup>5</sup>

## The living well, ageing well and dying well profiles

The living well, aging well and dying well profiles form the third, fourth and fifth chapters respectively of the Havering JSNA, an addition to the demography and starting well profiles published in 2024.<sup>6</sup> It is part of a series of needs assessments which align with the life-course approach taken in the NHS Long Term Plan for Starting Well, Living Well, Ageing Well and Dying Well.<sup>7</sup> It also reflects how the Local Authority and Place Based Partnership organises their work to support local residents, focusing on getting the best outcomes for people over their lifetimes by addressing identified needs and inequalities.

This profile, describes both the assets that we have locally to promote and support the health and wellbeing of families, and the needs of communities, areas or groups of people where we need to target with our limited resources.

The data and insight presented here follows a life-course approach (living well, ageing well and dying well) and includes an in-depth analysis of how key indicators associated with the four pillars of population health namely; The Wider Determinants of Health, Health Behaviours and Lifestyles, The Places and Communities We Live In and an Integrated Health and Care System and how they impact on the wellbeing of our residents.<sup>8</sup> Key data used in these profiles can also be accessed via Havering's interactive JSNA mapping tool and dashboard available at [Local Insight \(haveirng.communityinsight.org\)](https://haveirng.communityinsight.org). Some specific indicators where data is

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<sup>4</sup><https://assets.publishing.service.gov.uk/media/6304e6fdd3bf7f3664b65b35/Statutory-Guidance-on-Joint-Strategic-Needs-Assessments-and-Joint-Health-and-Wellbeing-Strategies-March-2013.pdf>

<sup>5</sup><https://assets.publishing.service.gov.uk/media/5a7b88cced915d131105fdff/Statutory-Guidance-on-Joint-Strategic-Needs-Assessments-and-Joint-Health-and-Wellbeing-Strategies-March-2013.pdf>

<sup>6</sup> <https://havering.localinsight.org/#/view-custom-pages?page-id=98>

<sup>7</sup> <https://www.england.nhs.uk/wp-content/uploads/2022/07/nhs-long-term-plan-version-1.2.pdf>

<sup>8</sup>[https://www.kingsfund.org.uk/insight-and-analysis/long-reads/population-health-approach?gad\\_source=1&gclid=EAlaQobChMI7vWn3-6GiwMV75VQBh2xOhaREAAAYASAAEgJ-ufD\\_BwE](https://www.kingsfund.org.uk/insight-and-analysis/long-reads/population-health-approach?gad_source=1&gclid=EAlaQobChMI7vWn3-6GiwMV75VQBh2xOhaREAAAYASAAEgJ-ufD_BwE)

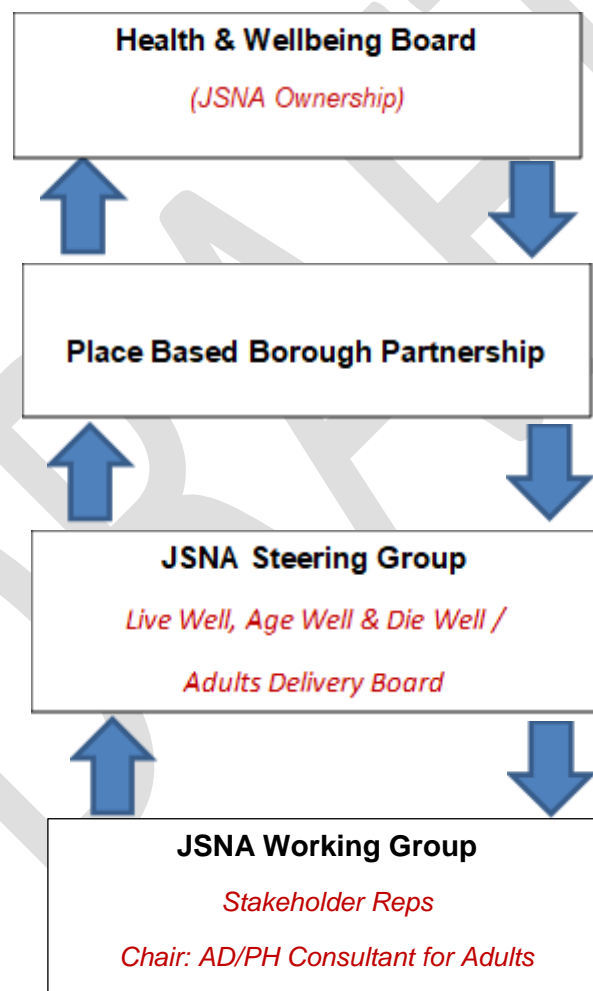
available on local insight have also been directly linked and can be accessed by clicking on the hyperlink ([underlined teal text](#)).

## Governance

As a strategic needs assessment, the indicators chosen represent the local intelligence drawn from a range of partners, both statutory and voluntary sector. Their valuable contribution has offered a unique perspective on what the data means in practice for service providers, allowing us to highlight the assets we have as a borough, but also identifying where the gaps are. This work is overseen by the Adult Delivery Board sub-group of the Havering Borough Place Based Partnership, who in turn report to the Havering Health and Wellbeing Board (Figure 1).

**Figure 1: Live Well Age Well and Die Well JSNA Governance Arrangements**

### *Havering JSNA Governance Structure*



## Recommendations

The recommendations made in these profiles are evidence based and highlight any existing inequalities. They are intended for use by both commissioners and local providers to ensure that both the causes and the consequences of poor health and wellbeing are addressed. Where possible, efforts should be made to intervene early to prevent poor health and wellbeing and/or stop it from worsening through collective activity. However, these recommendations are made without expectation that the issues highlighted will be addressed immediately; all partners will need to take these recommendations into consideration when planning their own work programmes. Key recommendations will also be prioritised and fed into the Health and Wellbeing Board's refreshed strategy with appropriate timescales for delivery.

## Acknowledgments

We wish to thank everyone who has contributed to the assessment and drafting of the Havering 2025 JSNA. This includes members of the core working group, adults delivery board and associated colleagues whose feedback and valuable insight was critical in the development of these profiles.

### Core Working Group

Name	Position & Organisation	JSNA Role
Tha Han	Assistant Director of Public Health, LBH	Chair and Lead author
Andrew Sykes	Assistant Director of Adult Social Care, Ageing Well	Co-author, Sensory Impairment, Disability & Learning Disability
Emily Grundy	Assistant Director of Public Health, LBH	Lead author place and communities
Samantha Westrop	Assistant Director of Public Health, LBH	Author - health outcomes
Kate Ezeoke-Griffiths	Assistant Director of Public Health, LBH	Author - Smoking
Natalie Naor	Public Health Strategist, LBH	Co-author - smoking
Isabel Grant-Funck	Public Health Strategist, LBH	Author- Mental Health
Mark Holder	Senior Public Health Analyst, LBH	Data analysis, visualisation & quality assurance
Thomas Goldrick	Senior Public Health Analyst, LBH	Data analysis, visualisation & quality assurance
Luke T Squires	Public Health Strategist, LBH	Co-author – Healthy Weight
Anthony Wakhisi	Public Health Principal, LBH	Project manager, co-author, lead analyst, final report editing, formatting and publication

## 2. The Havering Population Estimates & Growth

The Havering resident population is currently estimated to be 268,145<sup>9</sup>. This represents a significant rise in the last 5 years of 8,916 people (3.4%) from 259, 229 in mid-2018. The largest proportion of the change (58%) has been attributed to international net migration (5, 201 people). The population age structure has not significantly changed. The mid-23 ONS estimates show children aged 0-15 are 20.4% (54,500), people aged 16 -64 are 62% (166,241) and persons aged 65 and over are 17.6% (47,104) of the total population.

The over 65 population remains higher than the London average (12.2%) but slightly lower than the England average (18.7%). All things being equal, the size and age structure of the population are the most direct drivers of need for health and care services. The type and quantity of health and care services varies with age and is generally higher in the early years and very much higher in old age.

According to the Greater London Authority (GLA), housing led model Havering's population is projected to increase from 272,853 in 2025 to:

- 277,852 in 2030 (1.8%)
- 277,284 in 2035 (1.6%)
- 279,425 in 2040 (2.4%)

It is projected the very elderly cohort (65 and over), with the most complex health and social care needs will see the greatest growth (Table 1).

**Table 1: Projected percentage population change by age group from 2025 to 2040**

Age band	Population	Percentage change from 2025 to 2040		
	2025	2030	2035	2040
0-4	15,987	-2.3	-6.0	-5.6
5-10	21,102	-9.0	-13.2	-14.9
11-17	24,023	2.0	-6.2	-11.4
18-24	20,185	7.1	6.8	1.6
25-64	143,060	1.0	0.6	2.0
65-84	41,550	9.1	14.1	19.5
85+	6,946	3.2	23.1	30.5

Data source: GLA 2022-based Demographic Projections Housing-led Model

A detailed Havering demographic profile is available at:

<https://haverling.localinsight.org/#/view-custom-pages?page-id=98>

<sup>9</sup>Estimates of the population for the UK, England, Wales, Scotland, and Northern Ireland - Office for National Statistics



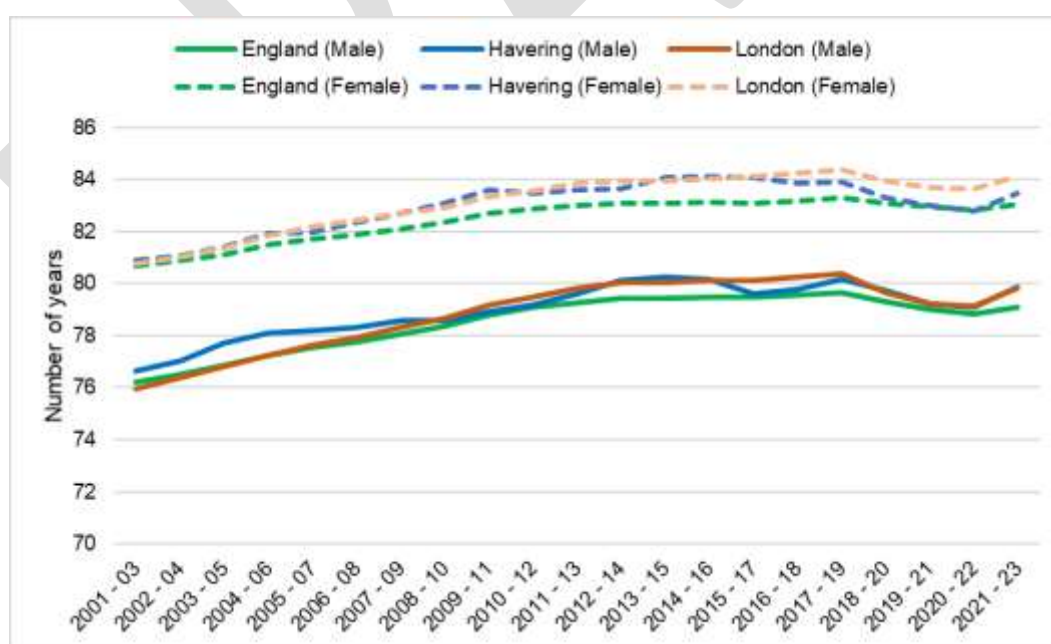
## 3. Health Outcomes

### 3.1 Life Expectancy

Over the past 100 years substantial increases in life expectancy at birth in the UK have resulted from improvements to sanitation, nutrition and hygiene, mass immunisation against infectious disease and other advances in medical science. In more recent years the rate of increase in life expectancy has been slowing down (even dipping slightly since 2017). Nationally, [female life expectancy at birth](#) has increased by almost 6 years over the last four decades (from 76.8 years in 1980-81 to 82.6 years in 2020-2022), and [male life expectancy at birth](#) by almost 8 years (from 70.8 years in 1980-81 to 78.6 years in 2020-2022)<sup>10</sup>. A similar picture has been seen in Havering and London as a whole (Figure 2).

Whilst there is likely scope to increase life expectancy further, it is generally accepted that there is a biological limit to the length of the human lifespan. Given the radical improvements over the last century and the plateauing of life expectancy at birth seen in recent years, now is the time to refocus and critically examine the quality of life, and how to improve it, not just the quantity of time a person lives. Increasing healthy life expectancy represents an area where improvements can be made – for example females live on average almost 20 years of life in poor health.

**Figure 2: Female and male life expectancy at birth, Havering, London & England, 2001-03 to 2021-23.**



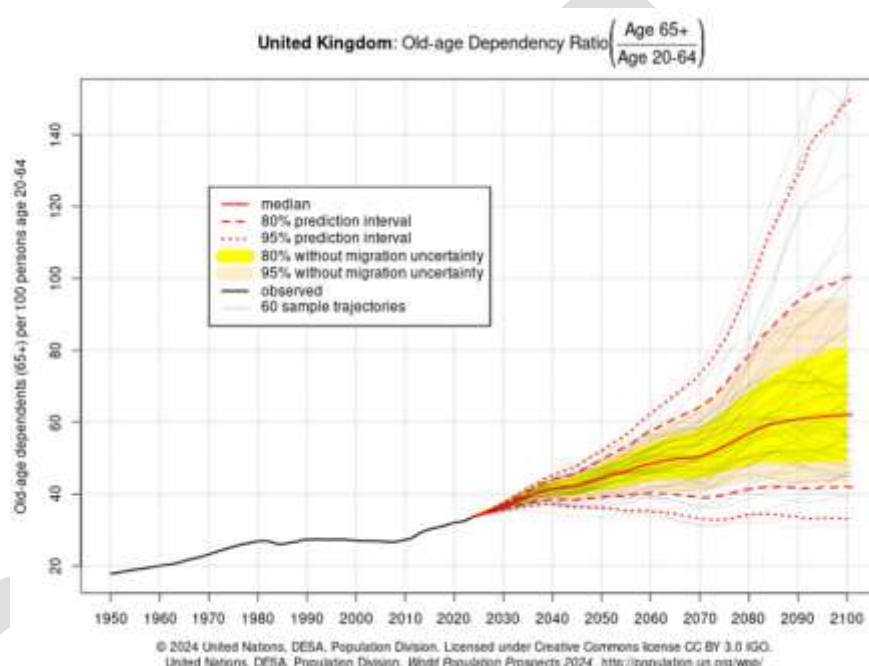
Data Source: Office for National Statistics<sup>11</sup> , Produced by LBH Public Health Intelligence

<sup>10</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/nationallifetablesunitedkingdom/2020to2022>

<sup>11</sup>[www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/lifeexpectancyforlocalareasoftheuk/between2001to2003and2021to2023](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/lifeexpectancyforlocalareasoftheuk/between2001to2003and2021to2023)

Not only would increasing the proportion of life lived in good health be beneficial to each individual, but it would also benefit society as a whole. In the future the average age of the UK population is predicted to continue to increase, along with the ratio of older people compared to those of working age<sup>12</sup>. In 2024 there were an estimated 34 people aged 65 and over for every 100 people of “working age” (20-64 years), a proportion that has been steadily increasing over time and is predicted to continue to increase in the future (Figure 3). The spend on healthcare in the UK is increasing enormously, almost entirely driven by the ageing population. Reducing the number of years lived in ill-health (by increasing healthy life expectancy) would help to slow the increase in the health and social care needs of the ageing population.

**Figure 3: Old-age dependency ratio over time for the United Kingdom.**



Source: United Nations <https://population.un.org/wpp/graphs>

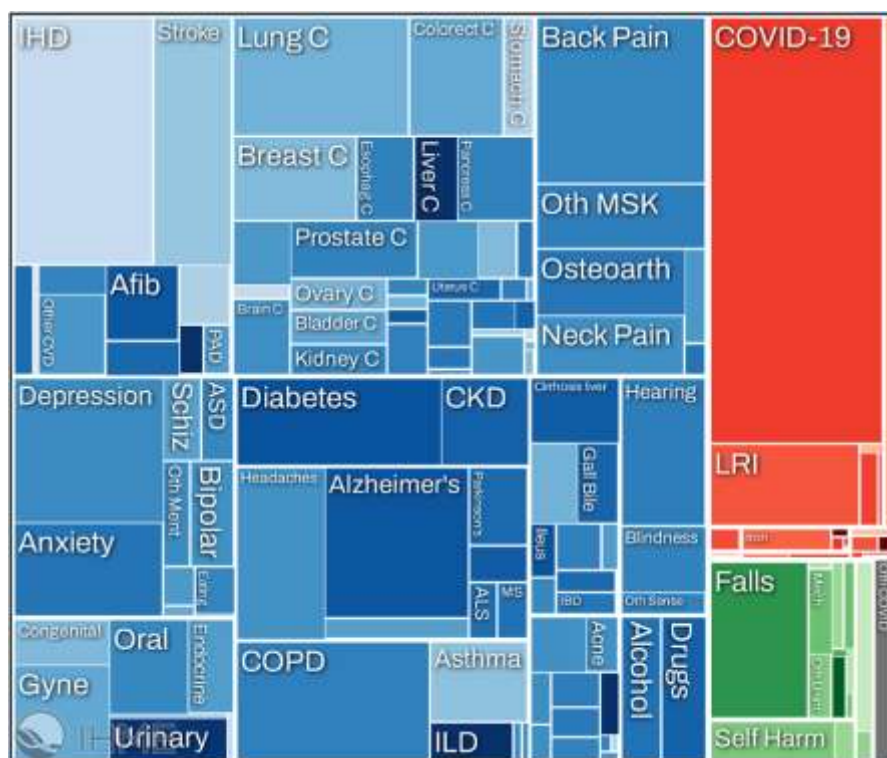
## 3.2 Healthy Life Expectancy

Healthy life expectancy is defined by the years of life lived in good health and without disability. The two main units of measurement that enable us to take into account quality of life are the quality adjusted life year (QALY) and the disability adjusted life year (DALY). Non-communicable diseases make up approximately 79% of the burden of disease experienced by Havering residents (Figure 4); the largest contributors of non-communicable disease being neoplasms (17% of the burden of DALYs), cardiovascular disease (12% of the burden of DALYs) and musculoskeletal disorders (9% of the burden of DALYs)<sup>13</sup>. This is similar to the pattern of disease seen nationally, and all three of these disease areas are amenable to improvement through prevention efforts.

<sup>12</sup><https://population.un.org/wpp/graphs>

<sup>13</sup><https://vizhub.healthdata.org/gbd-compare/>

**Figure 4: Representation of the proportion of different diseases (burden of disease) in Disability Adjusted Life Years (DALY) for Havering (both sexes, all ages; 2021).**



Source: Institute for Health Metrics and Evaluation [www.healthdata.org](http://www.healthdata.org)

In Havering 6.3% of the residents meet the Equality Act definition of Disabled where their [day to day activities](#) are “[limited a lot](#)”. This is in comparison to 5.8% London average and 7.3% of people nationally. In 2021, there were 570 per 100,000 people aged 65 and over in Havering who were permanent residents in nursing/care homes; higher than both London (377) and England (506). Both support for those living with a disability and prevention of disability where possible are therefore important areas of consideration locally.

### 3.3 Inequalities in life expectancy and healthy life expectancy

#### Gender

As can be seen by the differences in females and males shown in figure 2, life expectancy at birth is not equally distributed, nor is healthy life expectancy. Whilst females have a longer life expectancy, national data shows that disability-free life expectancy is similar for both sexes (women, 61.9 years; men, 61.5 years) indicating that women live for more years in a state of ill-health than their male counterparts. In Havering, as is seen nationally, healthy life expectancy at birth has been declining over the past 10 years (women, 61.1 years, men, 61.8 years).<sup>14</sup>

<sup>14</sup>[www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectanciesuk/between2011to2013and2021to2023](http://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectanciesuk/between2011to2013and2021to2023)

## Ethnicity

Experimental analysis performed by the Office for National Statistics in 2021 on pre-COVID19 pandemic data (2011 – 2014) details differences in life expectancy by self-reported ethnic group<sup>15</sup>. The largest differences in life expectancy between females and males were seen in those of Bangladeshi ethnicity (women live 6.2 years longer) and black African ethnicity (women live 5.1 years longer).

This difference in life expectancy by ethnicity is accompanied by differences in the proportions of different causes of death, and is likely a result of the interplay of a number of complex contributing factors including historical migration patterns, socioeconomic composition of the groups, health-related behaviours, and clinical and biological factors. As the demographics of the local population changes, it will likely become increasingly important in the future to explore differences in health outcomes by ethnicity.

## Geography

As is shown in Figure 3, it is predicted that the ratio of older people to those of working age will continue to increase nationally. There is geographical variation within each country by geographical area; areas outside/on the periphery of big cities see an even larger proportion of older adults. This can be seen in Havering, an outer London Borough. Whilst the London region has the highest healthy life expectancy in the country (females, 64.0 years; males, 63.9 years), the healthy life expectancy for a female born in Havering is nearly three years shorter than the London regional average, and for men just over 2 years less than the London average<sup>16</sup>.

Additionally, life expectancy is correlated closely with deprivation, where the most disadvantaged areas have a higher rate of deaths amongst those aged under 75 compared to more advantaged areas. There is a concentration of ill-health in places where geographical differences and poverty in older age overlap, for example in disadvantaged coastal areas such as Blackpool, where there is both the lowest overall life expectancy (73.1 years) and the lowest healthy life expectancy at birth (51.7 years) in the country for men<sup>17</sup>. It is therefore likely that areas of our borough with a higher proportion of older people and more socioeconomic disadvantage are home to those with the shortest healthy life expectancy.

## 3.4 Prevention

The overall aim of Public Health is to protect and improve the health of the population. It is unrealistic that the need for health and social care services can be prevented entirely, however success in Public Health efforts would see ill-health reduced or delayed as long as possible (compressed morbidity). Prevention is the cornerstone of Public Health and extends far

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<sup>15</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/articles/ethnicdifferencesinlifeexpectancyandmortalityfromselectedcausesinenglandandwales/2011to2014>

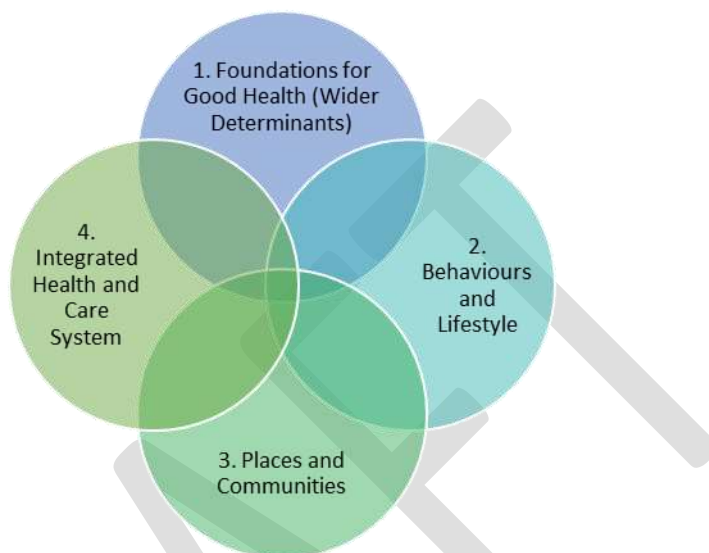
<sup>16</sup>[www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/datasets/healthstatelifeexpectancyallagesuk](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/datasets/healthstatelifeexpectancyallagesuk)

<sup>17</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/healthstatelifeexpectanciesuk/between2011to2013and2021to2023>

upstream of health and care services including; the foundations for good health (“wider determinants of health”), behaviours and lifestyle, places and communities as well as an integrated health and care system (Figure 5).

Each of the four pillars of public health are expanded on below, and are detailed further throughout the Joint Strategic Needs Assessment.

**Figure 5: The four pillars of public health; each contributing to the health outcomes of the population as part of an interconnected system.**



Source: Adapted from The Kings Fund, [www.kingsfund.org.uk/insight-and-analysis/reports/vision-population-health#what-needs-to-change?](http://www.kingsfund.org.uk/insight-and-analysis/reports/vision-population-health#what-needs-to-change?)

### **3.4.1 Foundations of Good Health – The “Wider Determinants of Health”**

The wider determinants of health are non-medical elements that affect the conditions in which people live (Figure 6), and are the most important contributor to health outcomes; including life expectancy and healthy life-expectancy. The unequal distribution of these assets for good health is interlinked with socioeconomic determinants including gender, ethnicity and economic disadvantage, and is directly influenced by the local, national and international distribution of power.

The local data and impact of the wider determinants on health outcomes is further discussed in all chapters.



**Figure 6: The non-medical foundations for good health (wider determinants of health) that influence how people live their lives and the health outcomes experienced by individuals. The distribution of the building blocks for good health are determined by the local, national and international distribution of power.**



Source: Background image generated using AI.

### 3.4.2 Health Behaviours and Lifestyle

The second most influential element for health outcomes is the behaviours and lifestyle of the population (Figure 7). Improvement to health outcomes (length and quality of life) and reduction of health inequalities can be achieved through the promotion and maintenance of healthier behaviours and lifestyle.

**Figure 7: Behaviours and lifestyle that impact health outcomes along with the areas of measurement for assessing the impact of behaviours on the population.**



Reduction in the [rate of smoking](#) over the past 70 years has significantly contributed to the increase in life expectancy observed. However, there is still progress to be made; helping those who already use tobacco products to stop, and preventing a new generation from ever initiating the behaviour. Chapter 4.4.2 details the needs of the population of Havering regarding tobacco-related harm, along with recommendations to further reduce tobacco use and tobacco-related harm.

Misuse of substances including drugs and alcohol is associated with several diseases and poorer health outcomes. As with other health behaviours drug and alcohol misuse is unequally distributed amongst the population; with a higher burden occurring in more deprived areas. The local needs and recommendations are detailed in Chapter 4.4.3.

The [prevalence of excess weight](#) in the population globally, nationally and locally is currently a substantial cause of harm to health outcomes; details of the impact of diet and exercise on our local population and recommendations for improvement can be found in Chapter 4.4.1.

### 3.4.3 The Places and Communities We Live In

The role of the place and communities in which we live on the health and wellbeing of the population is becoming increasingly recognised. A community is a group of people joined together by a common interest, characteristics or experience. There is strong evidence of the impact of social relationships and community networks on health outcomes including mental health and wellbeing, as well as the role of social “norms” and the local environment relating to lifestyle and health behaviours (Figure 8).

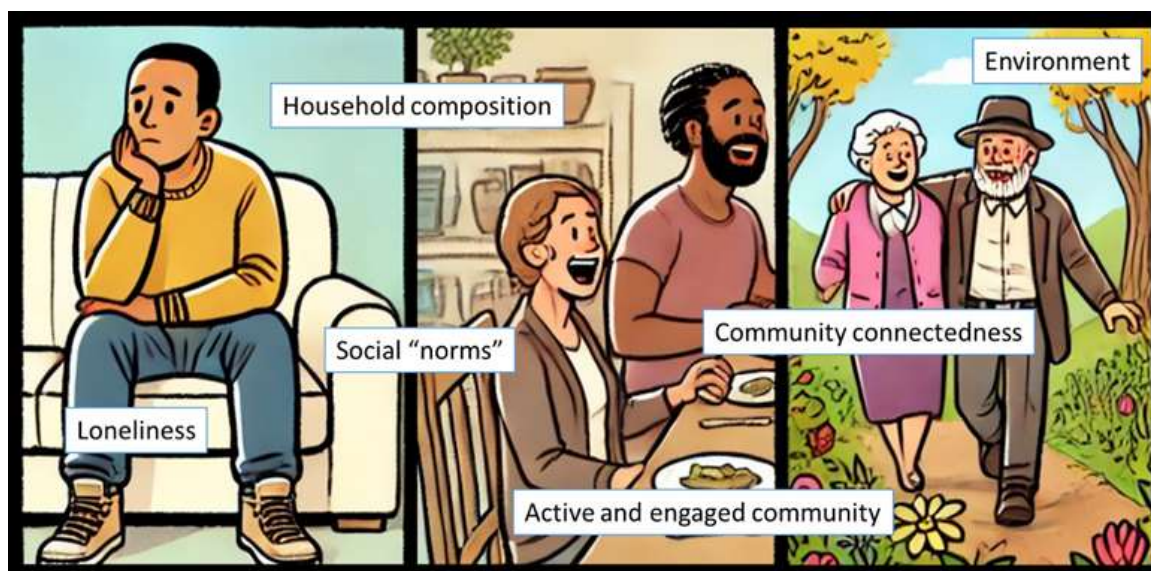
Havering is ranked near to the National average regarding an [Active and Engaged Community](#) (14,510/33,755)<sup>18</sup>, however has a higher score than the National average in the [Loneliness](#)

<sup>18</sup> Oxford Consultants for Social Inclusion (OCSI) and Local Trust, 2023

Index (Havering, 1.22; England 0.07)<sup>19</sup>. This varies across Havering, where those in Romford South are predicted to have the highest levels of loneliness in the Borough (4.09) compared to those in Collier Row and Park Farm where there is the lowest level in Havering (-0.84).

Further local data and recommendations are detailed in Chapters 4.3.2 Healthy Places; 4.3.4 Social Connectivity and 4.3.5 “Specific” Communities.

**Figure 8: The role of Place and Community in health outcomes.**



Source: Background image generated using AI.

### 3.4.4 An Integrated Health and Care System

The benefit of a better integrated health and care system has long been recognised, and more recently been explicitly focused upon. By 2035 it is predicted that two thirds of adults over 65 will be living with multiple health conditions<sup>20</sup>. This growing number of people living with multiple long-term conditions (resulting from accumulation of conditions throughout a longer life time) further highlights the need to ensure that care pathways are joined up and optimised in order to meet the rising needs of the ageing population and prevent frequent use of secondary care/readmission for conditions or needs that could be prevented or better met in the community setting.

Locally, Havering are amongst the worst quartile of local authorities nationally for emergency admissions within 30 days of discharge from hospital (18.7%; compared to a London average of 14.8% and a National average of 14.8%; 9)<sup>21</sup>.

Another indication that there are improvements to be made regarding better integration of the health and care system is Emergency admissions for acute conditions that should not usually require hospitalisation. These are thought to be admissions that could have been avoided if the patient had been better managed outside of hospital<sup>22</sup>. The rate of such admissions was

<sup>19</sup> Loneliness Index, Office for National Statistics' (2019)

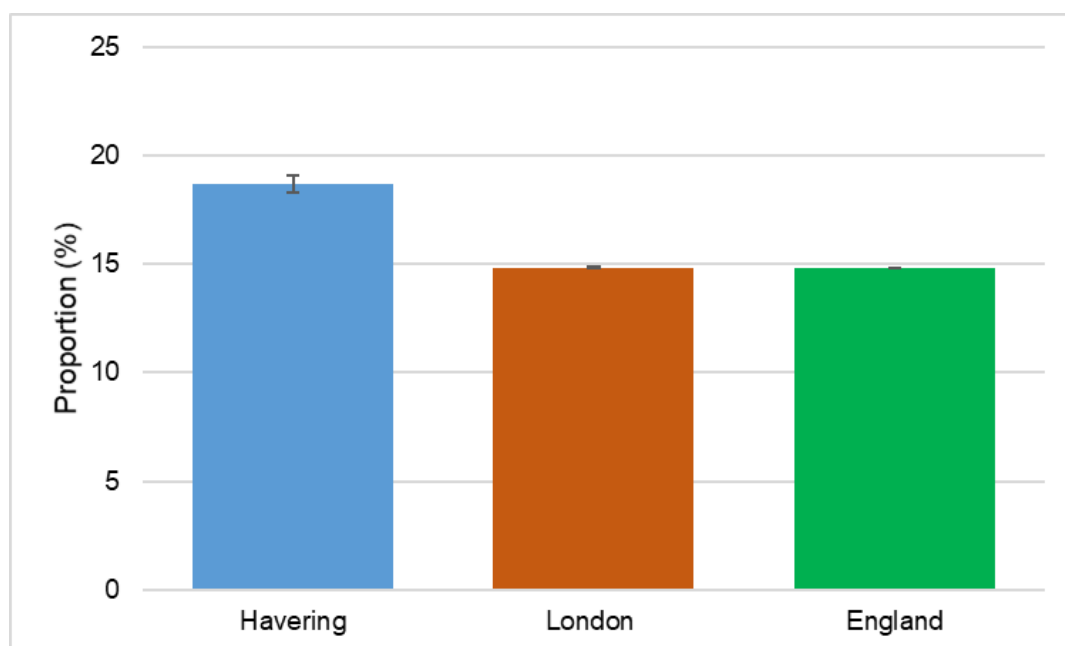
<sup>20</sup> <https://evidence.nihr.ac.uk/alert/multi-morbidity-predicted-to-increase-in-the-uk-over-the-next-20-years/>

<sup>21</sup> <https://fingertips.phe.org.uk/search/within%2030%20days%20of%20discharge>

<sup>22</sup> <https://digital.nhs.uk/data-and-information/publications/statistical/nhs-outcomes-framework>

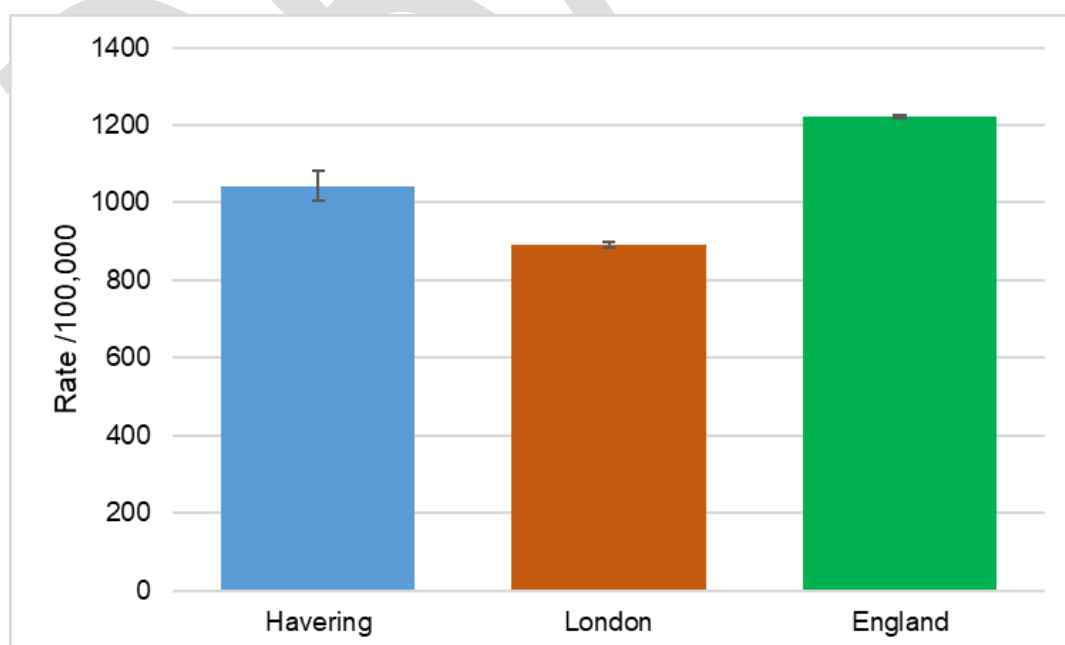
higher for Havering (1,043/100,000) than the London average (891/100,000) but lower than the England average (1,223/100,000) (10).

**Figure 9: Emergency readmissions to hospital within 30 days of discharge, Havering, London and England, 2023/24.**



Data Source: NHS Outcomes Framework, NHS England, 2023/24. Produced by LBH Public Health Intelligence

**Figure 10: Emergency hospital admissions that could have been avoided if the patient had been better managed outside of hospital, Havering, London and England, 2022/23.**



Data Source: NHS Outcomes Framework, NHS England, 2022/23. Produced by LBH Public Health Intelligence

Further details of the wider health and care system and the impact on the health outcomes of the Havering population is detailed in chapter 5.6.

When focussing on any one of the specific health needs of the local population, especially through prevention activities, it is crucial to consider the four pillars detailed above, and importantly how they interconnect, in order to implement both successful and sustainable long-term change.

DRAFT





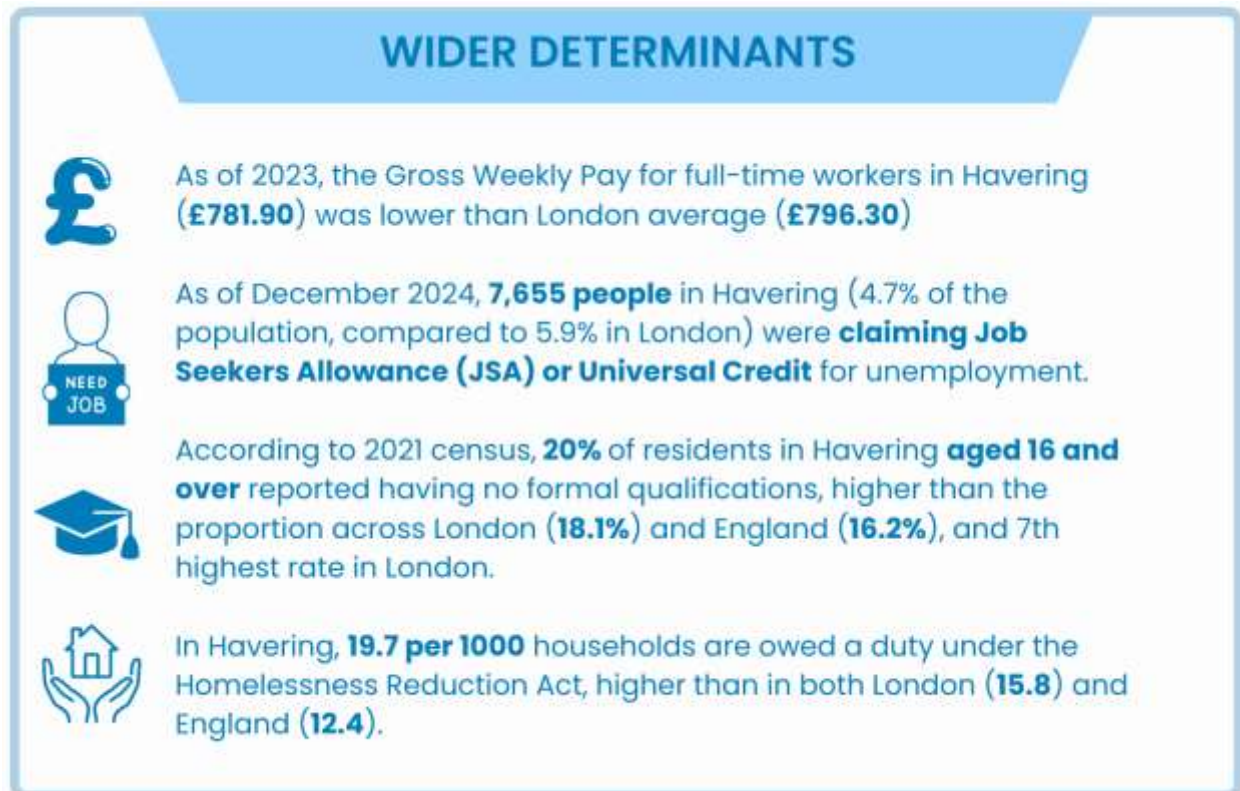
**Living Well**



## 4. Living Well

### 4.1 Infographic Summary

#### *Wider Determinants of Health*





### PLACES AND COMMUNITIES



**Domestic abuse** in Havering has seen a steady increase over the past 3 years (668 per quarter in 2021 to 746 per quarter in 2022) and now constitutes **14% of reported crime**. This is the only crime type in Havering reported to reach a rate (34.5/1,000) similar to London average (34.5/1,000).



In 2024, Havering earned a combined score of **1.97** out of **10** in the overall **Healthy Street Score Card Assessment**– the **fifth lowest** in London.



In 2022, it was estimated that the equivalent of **6.4% of all-cause deaths** amongst adults aged 30 and over in Havering could have been attributable to exposure to **PM2.5 air pollution**.



In 2021/22, the number of premises licensed to sell **alcohol per square km in Havering (5.2)** was higher than England average (**1.3 per square km**), but significantly below the London average (**13.7 per square km**)



Havering's resident **digital exclusion risk index (2.8)** is slightly higher than the London average (**2.7**).



In 2021, Havering had the highest age standardised proportion (ASP) of residents providing **unpaid care (8.7%, 20,637 residents)** among all local authorities in London (**London average, 7.8%**).

**LGBTQ+**

In Havering, 2% of the population identify with one of the **LGBTQ+** orientations.



**3,645 residents** in Havering previously served in UK regular **armed forces** and **1,243** in UK reserve armed forces.

## Lifestyle & Behaviours

### LIFESTYLE & BEHAVIOURS



In 2022/23, based on the latest Sport England Survey data from OHID, **65.8% of adults in Havering (18+)** were classified as **overweight or obese** using self-reported height and weight. This is in line with the **England average (64%)**



Havering had one of the highest proportions of respondents reporting being **physically inactive, at 27.9%**, higher than both London (**22.9%**) and England (**22.3%**) averages



Havering's adult **smoking prevalence** over the latest 3-year period (2021 to 2023) was **12.4%**, similar to London (**11.6%**) and England (**12.4%**) averages.



In 2023/24, the percentage of **pregnant women smoking** at time of delivery in Havering was **3.7%**, similar to London average (**3.9%**), but lower than the England average (**7.4%**)



The latest data (2023) shows that for every 100,000 deaths in Havering, **36 are related to alcohol**. This death rate is similar to the London (**34/100,000**) and England (**41/100,000**) averages



Number of Havering residents in treatment for **substance misuse** has increased from **528 in 2020/2021** to **1,093 in 2024**. This was facilitated by offering additional capacity using a supplementary grant which will end in April 2025

## INTEGRATED HEALTH & SOCIAL CARE



During the 2021-23 period, the under 75 mortality rate from **all cancers** in **Havering (116/100,000)** was higher than London average (**110/100,000**) but lower than England average (122). Under 75 mortality rate for **colorectal cancer** in Havering over the same period (12.1/100,000) was higher than both London (10.5/100,000) and England (11.9/100,000) averages



It is estimated that **5,265 residents** in Havering could be having **diabetes** without knowing it. Around **14,000 residents** currently do not know they have hypertension and therefore cannot seek help to stop the consequences



In 2023/24, the number of adults who were registered to a GP practice in Havering and had **depression or anxiety disorder** was **17% (49,665)**



According to GP records, **0.8%** of the Havering adult population (**2,073**) have a **Severe Mental Illness (SMI)**.



In 2023/24, **1,368 Havering** residents aged 18-64 received a total of **2,043 care packages** support from Havering Adult Social Care



## 4.2 Key Findings and Recommendations

### Key findings

#### *Wider Determinants of Health*

- In 2023, the **Gross Weekly Pay** for full-time workers in Havering (£781.90) was lower than London average (£796.30).
- As of December 2024, 7,655 people in Havering (4.7% of the population, compared to 5.9% in London) were claiming **Job Seekers Allowance** (JSA) or Universal Credit for unemployment.
- In 2021/22, Havering's **long-term unemployment** rate (1.8 per 1,000 working age population, 294 people) was similar to the London average (1.9 per 1,000).
- According to 2021 census, 20% of Havering residents aged 16 years and over reported having **no formal qualifications**, higher than the proportion across London and England, and 7<sup>th</sup> highest rate in London.
- The proportion of Havering's population with **level 4 qualifications or above** (29.5%) is below the London (46.7%) and England (33.9%) averages.
- In Havering, 19.7 per 1,000 households are **owed a duty under the Homelessness Reduction Act**, higher than both the London (15.8 per 1,000) and England (12.4 per 1,000) averages.

#### *Places & Communities*

- **Domestic abuse** (DA) in Havering has seen a steady increase over the past 3 years (668 per quarter in 2021 to 746 per quarter in 2022) and now constitutes 14% of reported crime. This is the only crime type in Havering reported to have reached a rate of 34.5/1,000, similar to London average (34.5/1,000).
- In 2021/22, Havering's **re-offending** rate among adults was 19.2%, lower than London (23.3%) and England (25.0%) averages.
- In 2024, Havering earned a combined score of 1.97 out of 10 in the overall **Healthy Street Scorecard** assessment- the fifth lowest in London.
- In 2022, it was estimated that the equivalent of 6.4% of all-cause deaths amongst adults aged 30 and over in Havering were attributable to exposure to PM2.5 **air pollution**.
- In 2021/22, the number of **premises licensed to sell alcohol** per square km in Havering (5.2) was higher than England average (1.26 per km<sup>2</sup>), but significantly below the London average (13.7 per km<sup>2</sup>)
- The **digital exclusion risk** index for Havering residents (2.8) is slightly higher than the London average (2.7).
- Havering had the highest age standardised proportion (ASP) of residents providing **unpaid care** (8.7%, 20,637 residents) among all local authorities in London (London average - 7.8%) in 2021.
- The percentage of adult **carers** (65 years and over) who have as much **social contact** as they would like (22.7%) is lower than both London (27.7%) and England (28.8%) averages.
- In Havering, 2% of the population identify with one of the **LGBTQ+** orientations.
- 3,645 residents in Havering previously served in UK regular armed forces and 1,243 in UK reserve armed forces.

### **Lifestyle & Behaviours**

- In 2022/23, based on the latest Sport England Survey data from OHID, 65.8% of adults in Havering (18+) were classified as **overweight or obese** using self-reported height and weight. This is in line with the England average (64%).
- Over the same period, Havering had one of the highest proportions of respondents reporting being **physically inactive**, at 27.9%, higher than both London (22.9%) and England (22.3%) averages.
- Havering's adult **smoking** prevalence over the most recent 3-year period (2021 to 2023) was 12.4%, similar to London (11.6%) and England (12.4%) averages.
- In 2023/24, the percentage of pregnant women smoking at time of delivery in Havering was 3.7%, similar to London average (3.9%), but lower than the England average (7.4%).
- The latest data (2023) shows that for every 100,000 deaths in Havering, 36 are related to **alcohol**. This death rate is similar to the London (34/100,000) and England (41/100,000) averages.
- Number of Havering residents in **treatment for substance misuse** has increased from 528 in 2020/2021 to 1,093 in Q2 2024. This was facilitated by offering additional capacity using a supplementary grant which will end in April 2025.
- Currently there are more than 400 patients (75 under CAHMS) in mental health care who have **co-occurring substance misuse** problem (aka Dual Diagnosis).
- **Prenatal vaccine coverage** in Havering has fallen in recent years, in the context of a national increase in pertussis (whooping cough) cases.

### **Integrated Health & Social Care**

- During the 2021-23 period, the **under 75 mortality rate from all cancers** in Havering (116/100,000) was higher than London average (110 /100,000) but lower than England average (122/100,000). Under 75 mortality rate for colorectal cancer in Havering over the same period (12.1/100,000) was higher than both London (10.5/100,000) and England (11.9/100,000) averages.
- It is estimated that 5,265 residents could be having **diabetes** without knowing it. Around 14,000 residents currently do not know they have **hypertension** and there cannot seek help to stop the consequences.
- In 2023/24, the number of adults who were registered to a GP practice in Havering and had **depression or anxiety** disorder was 17% (49,665).
- According to GP records, 0.8% of the Havering adult population (2,073) have a **Severe Mental Illness** (SMI).
- In 2023/24, 1,368 Havering residents aged 18-64 received a total of 2,043 care packages support from Havering **Adult Social Care**

### **Recommendations**

- Members and partners of the Havering HWB to endorse and support the implementation of the Havering Poverty Reduction strategy 2024.
- System partners to seek to maximise training and employment offer for local residents delivered as part of contract social value, through a standardised approach to considering this within procurement processes.
- Havering Council to explore and quantify any opportunities arising from the proposed amendments to the National Planning Policy Framework that will enable additional housing schemes that meet local need to be brought forward, including those arising through proposed changes to utilisation and definition of brownfield and grey belt land.

- Front line staff of the services including primary care should be offered Domestic Abuse Awareness training. Health Partners should consider how they can improve data sharing in relation to violence and domestic abuse
- As part of supporting a diverse local retail offer, Havering Council should consider any opportunities for further policies (including the new Local Plan) that may prevent further proliferation of hot food takeaways, alcohol-licensed premises, and other retail premises with negative health and wellbeing impacts, particularly in areas of highest deprivation.
- Using the Healthy Streets Scorecard as a starting point, the council should continue to bring forward proposals to implement and expand recommended measures and other complementary activities to improve road safety, increase active travel/modal shift and improve air quality.
- All partners to take steps to support efforts to encourage and facilitate modal shift, to support local ambitions to see 65% of trips in the borough being undertaken by active travel or public transport by 2041.
- In line with Havering Carers Strategy, HWB members are urged to continue efforts to increase identification of carers to ensure they can access available support.
- Prevention interventions and health and care services must be culturally sensitive to ensure equitable access and reduce health inequalities.
- The Council and NHS work with stakeholders, including residents, to implement a Borough-level place-based whole systems approach for tackling obesity in the borough, and an action plan that addresses the multiple causes of obesity, as well as providing support for those who are looking to lose weight. The aim should be to reshape the places where people live, work and play so that these places become health-promoting environments.
- Public Health to expand service provision ensuring availability of a full range of behavioural interventions and cessation aids, including vapes.
- Public Health to work with educational establishments and young people to raise awareness of harm from tobacco and vapes.
- With the support of the Planning, Community Safety Partnership, Combating Drugs Partnership and regional partners continue to implement project Adder and other areas to reduce substance misuse supply.
- ICB and Primary Care partners to identify feasible opportunities to increase vaccine coverage within primary care, secondary care and maternity services.
- NHS England, NEL Cancer Alliance and Havering GPs continue to improve cancer screening coverage, reduce health inequalities by improving access to those with Severe Mental Illness or Learning Disability.
- NEL Cancer Alliance to improve early diagnosis through further improving screening coverage, raising awareness of cancers with highest numbers of late diagnosis among the residents (lung, colorectal, upper GI, prostate), working with GPs to review opportunities for early detection and appropriate referrals, and strengthening diagnostic capacity including the use of the RDC (rapid diagnostic clinic) and targeted lung health check.
- Place Long-Term Conditions Group to strengthen the community infrastructure and awareness to improve the detection of hypertension, obesity, atrial fibrillation and prediabetes and to use transformation and innovation (which includes digital health/medical technologies) to speed up diagnosis and management of Long-Term Conditions.
- Place Community Mental Health Board to support individuals with mental health conditions to live, fulfilling, meaningful and healthy lives, and ensure equitable access

to mental health services, and doing so in a timely manner to prevent deterioration of mental health to crisis presentations

- ICB to support implementation of plans developed by the BHR Planned Care Transformation Board to reduce waiting times for planned care.

## 4.3 Introduction

About 60% of Havering's population is aged [18-64 years](#), and are considered to fall within the 'Living well' phase of the life-course. This is the life course phase in which people spend the majority of their lives, having been fundamentally shaped by the health, experiences and outcomes of the Starting well phase (covering early years, childhood and adolescence). An adult's experience of the Living well phase in turn plays a significant role in determining their health and wellbeing as they enter into older age, which will have implications for both the length and quality of life.

Given that the Living well phase broadly aligns with what is generally considered to be 'working-age', the health and wellbeing of this cohort also has significant implications for the national productivity. The Living Well chapter reflects on the diverse range of social, economic and environmental factors which can shape health and wellbeing across the full life course – the wider determinant of health. The influences of wider determinants can either be positive (protective) or negative (risk factors), with clustering of positive or negative factors often seen clustered in different areas. While estimates vary about the specific contribution that the wider determinants make to our overall health and wellbeing<sup>23</sup>, there is broad consensus that action in these areas has the potential to yield significant improvements in population health. Addressing the conditions in which people are born, live and work will deliver benefits that are felt across the life course.

Improving population health is a shared responsibility; progress also depends on supporting people to live healthier lives. The communities we live and work in and the social networks we belong to influence our health behaviours because there is strong evidence that these social relationships and community networks serve as both physical and mental health assets.<sup>24</sup> Health behaviours and lifestyle are the second most important driver of health. They include smoking, alcohol consumption, diet, exercise, and response to screening programmes and vaccines. For example, while reductions in smoking have been a key factor in rising life expectancy since the 1950s, obesity rates have increased and now pose a significant threat to health outcomes.

Lastly, healthcare and social care play a crucial role in maintaining and improving an individual's health by providing services to prevent, diagnose, and treat illnesses, injuries, diseases and disability. This includes not only treatment but also preventative measures and linking with other aspects of population health so that people live well for longer.

In the sections below, we will summarise key findings about where we are in living well life course and make recommendations for sustaining current positive outcomes and improving further.

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<sup>23</sup>[https://www.health.org.uk/news-and-comment/blogs/estimate-contribution-healthcare-to-health#:~:text=One%20often%2Dquoted%20study%20from,eg%20whether%20care%20was%20time ly\).](https://www.health.org.uk/news-and-comment/blogs/estimate-contribution-healthcare-to-health#:~:text=One%20often%2Dquoted%20study%20from,eg%20whether%20care%20was%20time ly).)

<sup>24</sup><https://www.kingsfund.org.uk/insight-and-analysis/reports/vision-population-health>

## 4.4 Wider Determinants of Health

### Key findings

- As of 2019/20, the estimated net annual **household income** before housing costs in Havering was £35,331, compared to the London average of £37,864.
- The **unemployment rate** (working age population claiming out of work benefit) in Havering was 5% (7,989 people) in 2021/22 which was similar to England average (5.0%), and better than London average (6.5%). The long-term unemployment rate (1.8 per 1,000 working age population, 294 people) was similar to London average (1.9) in 2021/22.
- In 2023, the **Gross Weekly Pay** for full-time workers in Havering (£781.90) was lower than London average (£796.30).
- Havering has one of the largest employment gaps for adults aged 18 to 64 years with **learning disabilities**, with a difference of 80.7% against the employment rate of the general population (2022/23). This compares to 70.5% across London and 70.9% across England.
- 20% of residents in Havering aged 16 years and over reported having no **formal qualifications** in 2021, higher than the London and England averages, and 7<sup>th</sup> highest rate in London.
- In 2021, the proportion of Havering's population that reported having a **level 4 qualification or above** (29.5%) was below of the London (46.7%) and England (33.9%) averages.
- In 2022/23, 19.7 per 1000 households in Havering were owed a **duty under the Homelessness Reduction Act**, higher than London (15.8) and England (12.4) averages.
- Havering's current estimated **housing supply** between 2023/24 and 2027/28 is anticipated to deliver only 67% of that required.

### Recommendations

- The members and partners of Havering HWB to endorse and support the implementation of the Havering Poverty Reduction strategy 2024.
- HWB partners to make service users aware that there are organisations that can support them in accessing benefits and other financial support.
- System partners should increase awareness amongst residents and employers of the Access to Work scheme and other support for people with physical or mental health condition/disability to stay in or return to work.
- System partners should maximise volunteering opportunities for local people (including through new local Giving scheme), and how volunteering roles can be linked into job opportunities.
- Partnership should increase the number of Supported Internship placements, to offer structured work-based programmes for 16-24 year olds with SEND, and promote this scheme to providers and local businesses.
- System partners should seek to maximise training and employment offer for local residents delivered as part of contract social value, through a standardised approach to considering this within procurement processes.
- The Havering council / Planning to explore and quantify any opportunities arising from the proposed amendments to the National Planning Policy Framework that will enable additional housing schemes that meet local need to be brought forward, including those arising through proposed changes to utilisation and definition of brownfield and grey belt land.



### 4.4.1 Deprivation and Income

#### Introduction

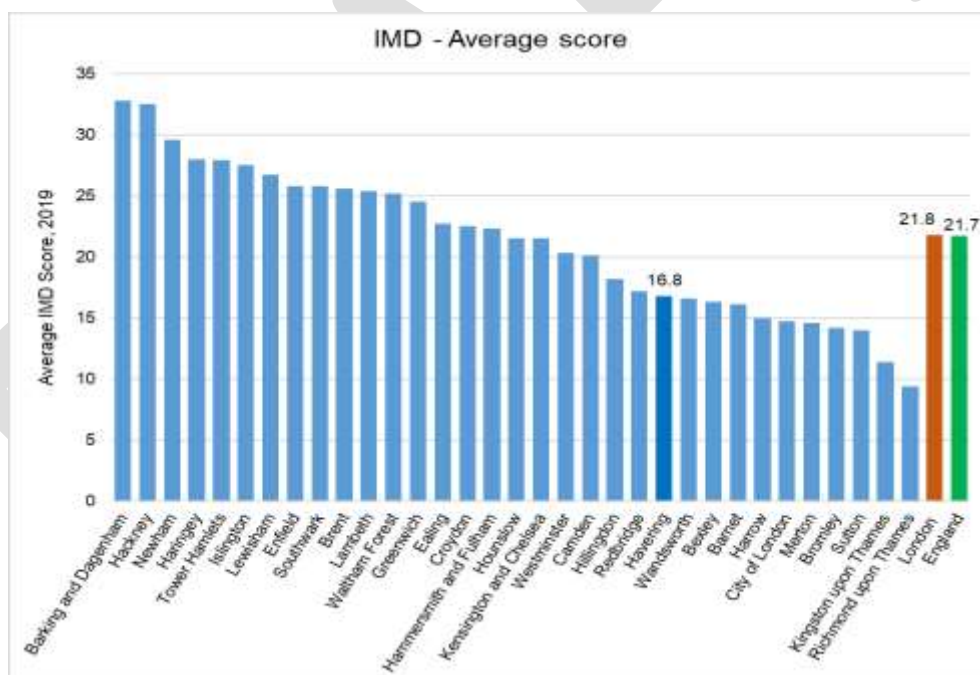
Deprivation describes living conditions where people lack resources – this can mean poverty (lacking income) but includes resources of all kinds, such as access to employment, training and housing. Income affects health in a variety of ways:

- living on a low income is stressful and directly impacts on physical and mental health
- an adequate income enables us to buy health-improving goods and participate more fully in society
- a low income can lead to increased unhealthy behaviours

#### Findings

The Index of Multiple Deprivation (IMD) is a measure that compares levels of deprivation between different areas across England. Havering overall has a lower [deprivation score](#) (16.8) than the London (21.8) and England (21.7) averages (Figure 11).

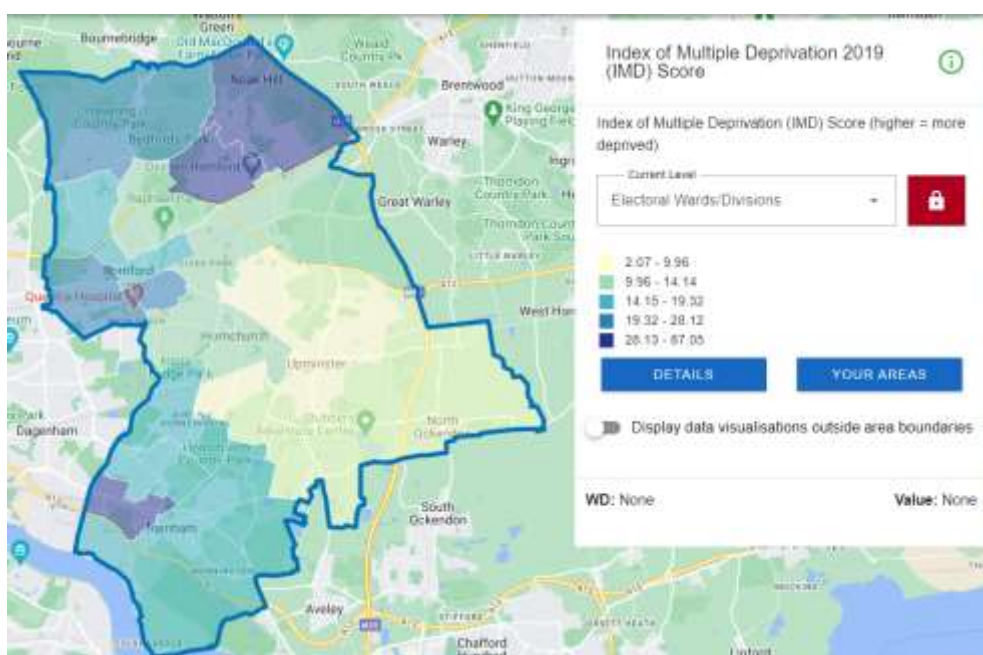
**Figure 11: Average IMD (2019) Scores for London boroughs compared with the London and England averages.**



Source: Ministry of Housing Communities & Local Government, Produced by LB Havering Public Health Intelligence

Nonetheless, there is a substantial variation in deprivation levels across the borough, with small areas in the north and along the western boundary being significantly more deprived (Figure 12).

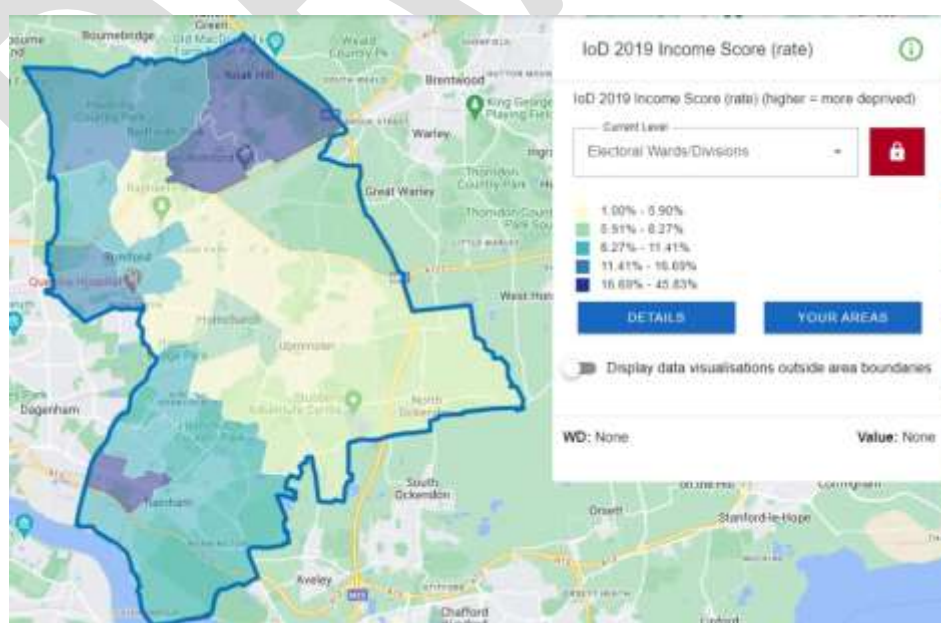
**Figure 12: Map of Havering showing IMD (2019) scores by electoral ward.**



Source: Ministry of Housing Communities & Local Government, Havering Local Insight.

As of 2019/20 net annual household income estimate before housing costs in Havering was £35,331, compared to £37,864 in London and £32,797 in England. Although average pay may be modest by London standards, the proportion of adults in Havering that are income deprived (10.8%) is below the national average (12.9%) and is the 8th lowest of the 32 London boroughs (Figure 13).

**Figure 13: Map of Havering showing IoD (2019) Income scores by electoral ward.**



Source: Ministry of Housing Communities & Local Government, Havering Local Insight.

The maps above depicting the Index of Multiple Deprivation (IMD) (Figure 12) [and Income Score](#) (Figure 13) show that the areas in the north and along the western boundary of the borough have substantially greater need and will need proportionally greater resources, to address inequitable access to services, and reduce inequality in life outcomes, including health inequalities.

Poverty Reduction Strategy<sup>25</sup> was published in Havering in 2024 and the strategy group continues to work to coordinate efforts to reduce poverty across all life courses. Work is also underway to develop and roll out the Joy directory, which will ensure that local people are made aware of and linked into all services that may be of support to them. Alongside this, work is underway to develop a 'Giving Scheme' to bring in much needed funding to the voluntary care sector enterprises, and investment in our communities affected by health inequalities.

### Service Gaps / Unmet Needs

National levers such as economic policy, economic growth and funding distribution have overarching impact on local economy and the health of the residents. Cost of living crisis has been a major barrier for health and poverty reduction locally.

### Recommendations

- The Havering HWB members and partners to endorse and support the implementation of Poverty Reduction strategy 2024.
- HWB partners to make service users aware that there are organisations that can support them in accessing benefits and other financial support.

## 4.4.2 Employment

### Introduction

Work is of itself good for physical and mental health, and further benefits wellbeing through its association with higher income.<sup>26</sup> Good work is better for health than bad work - work that involves adverse physical conditions, exposure to hazards, a lack of control and unwanted job insecurity. People with poor health and / or disability are at particular risk of disadvantage in all its forms e.g. people living with a long-term condition, mental illness or mental and physical disability, are more likely to be living on a low income, be unemployed or in unsuitable housing putting them at additional risk of further decline.<sup>27</sup>

The ONS estimates that 2.8 million people in the UK aged 16-64 years were economically inactive because of long-term sickness in October to December 2023. While 74% of the general population in England are in employment, only 60% of people with a long-term conditions are in employment and 43% of people reporting a mental illness are in employment.

<sup>25</sup><https://democracy.havering.gov.uk/documents/s73389/9.1%20Poverty%20Reduction%20in%20Havering%20Strategy%20v4.1.pdf>

<sup>26</sup><https://assets.publishing.service.gov.uk/media/5a7cd68640f0b6629523c1de/hwwb-is-work-good-for-you-exec-sum.pdf>

<sup>27</sup><https://www.ons.gov.uk/employmentandlabourmarket/peoplenotinwork/economicinactivity/articles/risingillhealthandeconomicinactivitybecauseoflongtermsicknessuk/2019to2023>

Effective action to address such problems can improve health and wellbeing and hence reduce the need for health and social care.

Recent and ongoing changes to the retail sector in favour of online sales and fewer administrative roles as automation and AI reduce staffing levels may alter established patterns of employment and require the acquisition of new skills and expertise.

## Findings

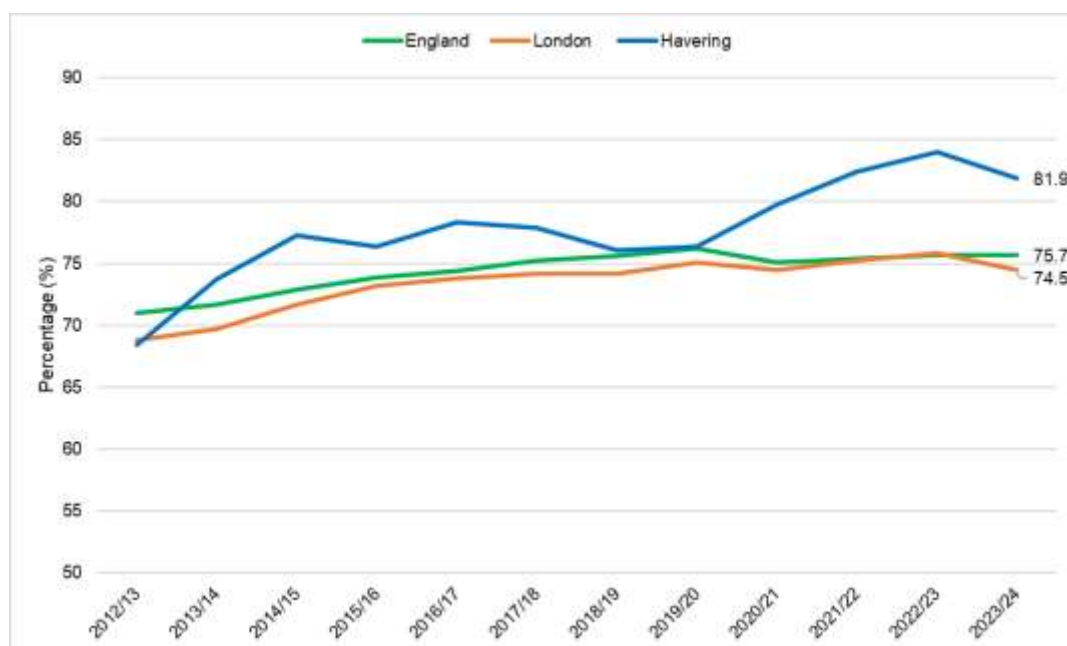
- The employment rate in Havering is 81.9% which is above both London (74.5%) and England (75.7%) averages (Figure 14).<sup>28</sup>
- As of December 2024, 7,655 people in Havering (4.7% of the working age population, compared to 5.9% in London) were [claiming Job Seekers Allowance \(JSA\) or Universal Credit for unemployment](#)<sup>27</sup>
- Long-term unemployment rate in Havering (1.8 per 1,000 working age population, 294 people) was similar to London average (1.9) in 2021/22.<sup>27</sup>
- In Havering, 16 to 17 year-olds not in education, employment or training (NEET) was 2.4%, lower than the London (3.4%) and England (5.2%) averages (2022/23).<sup>29</sup>
- In 2022/23, Havering's [economic inactivity rate](#) (14.3%) was lower than London (20.8%) and England (21.4%) averages. Nonetheless only 5.8% of 16-64 who were economically inactive in Havering wanted a job as compared to London (16.9%) and England (17.5%) averages.<sup>27</sup>
- Excluding NHS Trusts and the Council, Havering has few large employers – but the number of local businesses, mostly small to medium enterprises (SMEs), grew by 47% in the last 10 years i.e. from 7,050 in 2013 to 10,350 in 2023.
- Gross Weekly Pay for full-time workers in Havering (£781.9) was lower than London average (£796.3) in 2023.<sup>27</sup>
- The percentage of Havering residents in senior official positions (Soc 2020 Group 1-3) is 53.7% which is lower than London average (63.1%) whereas the percentage of administrative and skilled trades occupations (Soc 2020 Groups 4-5) is 25.2%, which is higher than London average (15.1%). Groups 6-9 are similar to London.<sup>27</sup>
- Havering has one of the largest employment gaps for adults aged 18 to 64 years with learning disabilities, with a difference of 80.7% against the employment rate of the general population (2022/23). This compares to 70.5% across London and 70.9% across England.<sup>27</sup>
- The employment gap for adults with a physical or mental long term health condition compared to the general population was reported as 3.5% in 2022/23, compared to 10.2% across London and 10.4% across England.<sup>27</sup>
- The DWP has been providing grants to the Council, NELFT and CGL to improve opportunity for employment of vulnerable people.

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<sup>28</sup><https://www.nomisweb.co.uk/>

<sup>29</sup><https://fingertips.phe.org.uk/profiles>

**Figure 14: Percentage of people aged 16 – 64 years in employment in Havering, London and England, 2022/23**



Source: NOMIS, Official Census and Labour Market Statistics, Produced by LB Havering Public Health Intelligence

### Service Gaps / Unmet Needs

Employment opportunity for those with learning disability could be improved by member organisations depending on the severity of learning disability.

### Recommendations

- System partners should increase awareness amongst residents and employers of the Access to Work scheme and other support for people with physical or mental health condition/disability to stay in or return to work.
- System partners should maximise volunteering opportunities for local people (including through new local Giving scheme), and how volunteering roles can be linked into job opportunities.
- System partners should work with Havering Chamber of Commerce to embed volunteering and apprenticeship opportunities across local businesses and identify other ways to support employment and training opportunities for local residents.
- The council and partners should work towards increasing the number of Supported Internship placements, to offer structured work-based programmes for 16-24 year olds with SEND, and promote this scheme to providers and local businesses.
- System partners to seek to maximise training and employment offer for local residents delivered as part of contract social value, through a standardised approach to considering this within procurement processes.
- Councils / NHS providers should work with the DWP to offer residents excluded from employment due to disability and / or ill health including mental illness the opportunity to gain confidence, skills, work experience and ultimately secure employment.
- HWB partners to support Havering Poverty Reduction Strategy and related programmes such as Individual Placement & Support (IPS for Substance Misuse) and increase



opportunity for volunteering, and mitigate social isolation and deskilling of human resources.

- System partners to seek to maximise training and employment offer for local residents delivered as part of contract social value, through a standardised approach to considering this within procurement processes.

### 4.4.3 Education

#### Introduction

Educational attainment plays an important role in shaping life-long health and wellbeing outcomes. By influencing opportunities, skills, employment, and earning potential, increasing educational attainment is associated with improved health behaviours and outcome measures such as life expectancy.

The foundations of educational attainment are laid from the early years of life. Early year's development and educational attainment of school-aged children are considered within the Havering [Start Well JSNA chapter](#).

The impact of highest qualification achieved on employment outcomes is measurable from the early stages of people's career – nationally, people aged 20-25 years whose highest qualification is level 2 (GCSE grades 9-4) or lower are more likely to be unemployed than those with higher qualifications<sup>30</sup>. By 29 years old, men who have attended a form of higher education (generally leading to a degree or equivalent qualification) tend to earn 25% more than those with level 2 qualifications, and for women this increases to 50% higher earnings<sup>31</sup>. There is also evidence that such positive impacts on earnings for those with higher qualifications tend to continue across an individual's lifetime<sup>32</sup>. Data suggests that every additional level of qualification achieved contributes to an increase in earning potential, as demonstrated in figure 15 below:

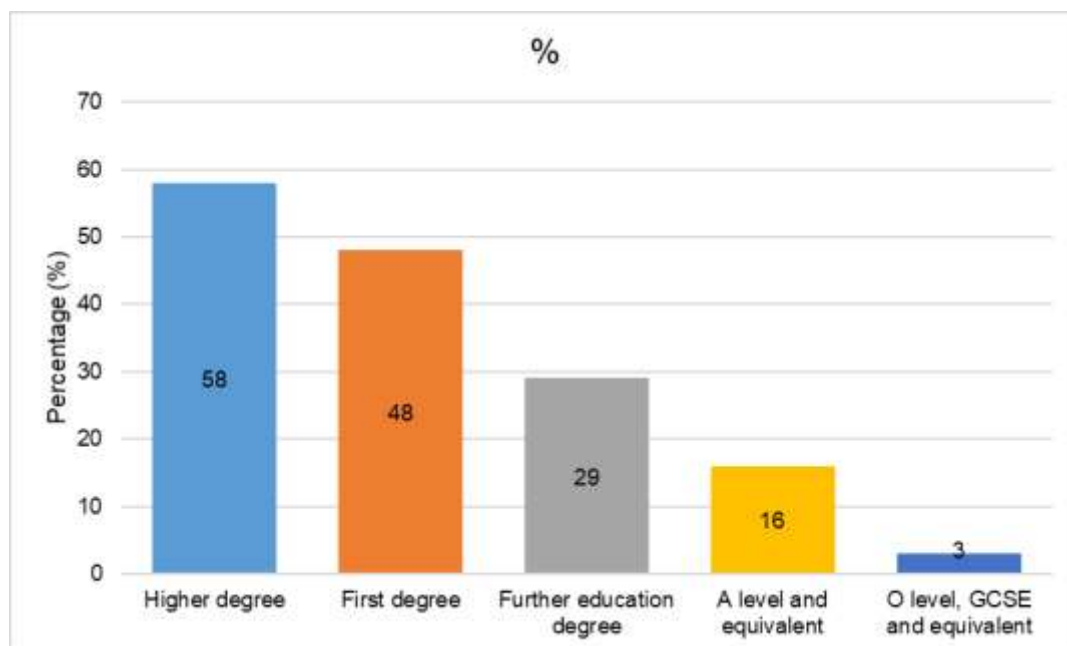
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<sup>30</sup><https://www.health.org.uk/reports-and-analysis/briefings/lifelong-learning-and-levelling-up-building-blocks-for-good-health>

<sup>31</sup><https://www.gov.uk/government/publications/labour-market-value-of-higher-and-further-education-qualifications-a-summary-report/labour-market-value-of-higher-and-further-education-qualifications-a-summary-report>

<sup>32</sup><https://www.gov.uk/government/publications/labour-market-value-of-higher-and-further-education-qualifications-a-summary-report/labour-market-value-of-higher-and-further-education-qualifications-a-summary-report>

**Figure 15: Percentage differences in hourly earnings of 25- to 29-year-olds, relative to those with lower level (below GCSE or level 1 equivalent), controlling for socio-economic background, sex and age, (UK, 2020-2022)**



Source: Social Mobility Commission<sup>33</sup>

## Findings

Responses to the 2021 Census indicate that 20% of residents in Havering aged 16+ have no formal qualifications, higher than the proportion across London and England, and 7<sup>th</sup> highest rate in London<sup>34</sup>.

Havering also has higher proportions of residents reporting their highest qualification as level 1 or level 2 (up to GCSE or level 2 NVQ). London has a very high proportion of residents with level 4 qualification or above, reflecting a jobs market that includes a high concentration of high-skilled or graduate positions (tending to require level 6 qualifications or above) compared to other parts of the country<sup>35</sup>. The proportion of Havering's population with level 4 qualifications or above (29.5%) is below that of London (46.7%) and England (33.9%), a fact which may be driven by several factors, including:

- Fewer people choosing or being able to progress to level 4 qualifications or higher

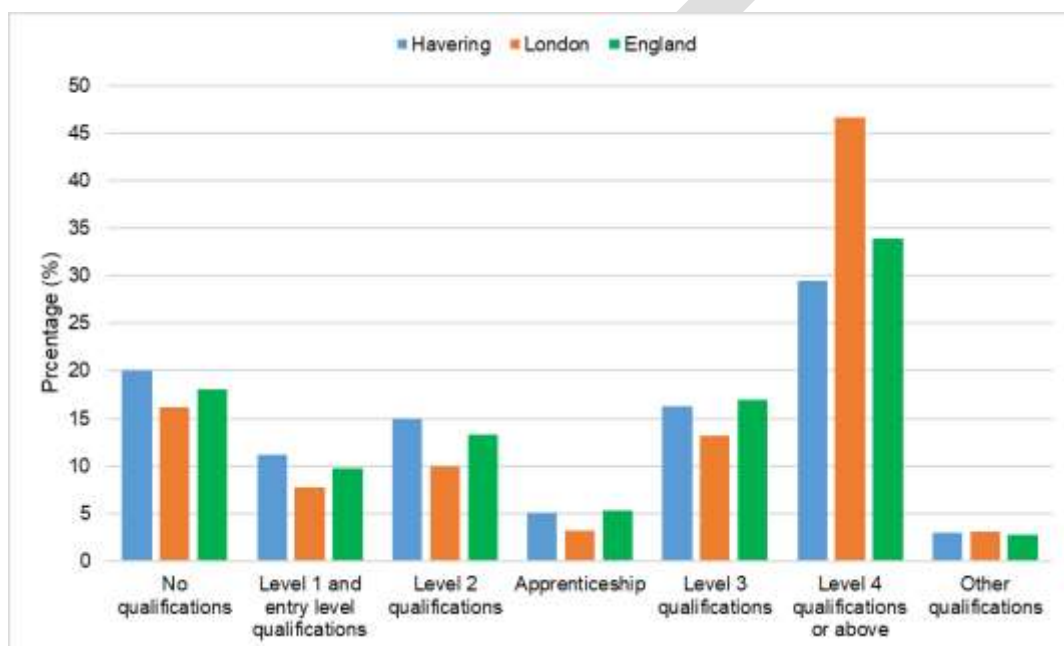
<sup>33</sup> [https://socialmobility.data.gov.uk/intermediate\\_outcomes/work\\_in\\_early\\_adulthood\\_\(25\\_to\\_29\\_years\)/income\\_returns\\_to\\_education/latest#tab\\_Relative\\_differences\\_Visualisation](https://socialmobility.data.gov.uk/intermediate_outcomes/work_in_early_adulthood_(25_to_29_years)/income_returns_to_education/latest#tab_Relative_differences_Visualisation)

<sup>34</sup> Note: The ONS Labour Force Survey (LFS) has historically been used as source of up-to-date data on qualifications. There are recent concerns regarding the reliability of LFS results, particularly due to falling response rates since 2020. LFS results from 2023 estimated that 47.5% of Havering residents aged 16-64 had a level 4 qualification or above, markedly higher than the 2021 Census estimate. Conversely, the LFS estimated that 6% of Havering residents had no formal qualifications, much lower than the 2021 Census figure. This scale of difference is unlikely to represent true changes in qualifications between 2021 and 2023 and may instead be attributable to the different populations to which the data applied (LFS 16-64 years, Census 16+ years) and declining and possibly skewed participation in LFS.

<sup>35</sup> <https://ifs.org.uk/publications/changing-geography-jobs>

- The absence of a university<sup>36</sup> offering a broad choice of courses within the borough resulting in people moving out of area to progress certain qualifications, before possibly settling elsewhere
- A lower concentration of high-skilled graduate-level in-borough employment opportunities compared to other parts of London (acknowledging that many residents commute out of borough for work).

**Figure 16: Proportion of residents aged 16+ by highest level of qualification, in Havering, London and England, 2021 Census**



Source: NOMIS, Official Census and Labour Market Statistics, Produced by LBH Public Health Intelligence

In terms of any differences in educational achievement between different population groups (aged 16+), the 2021 Census found that in Havering:

- There was limited difference between the educational attainment levels between males and females. Notably, a greater proportion of males aged 16+ reported having an apprenticeship qualification (8% vs 3% females), whereas a slightly higher proportion of females reported having no qualifications or level 1 qualifications (33% vs 29% of males), the latter point being strongly influenced by a greater proportion of women of older age cohorts reporting no qualifications. The proportion of males and females reporting a level 4 qualification or above was very similar<sup>37</sup>.
- Adults aged 50 and over (particularly females) were more likely to report having no qualifications compared to younger cohorts, reflecting a combination of improvements

<sup>36</sup> Note, London South Bank University does have a campus in Harold Wood, which focuses on undergraduate courses in Adult Nursing and Mental Health Nursing, alongside Continuing Professional and Personal Development courses for those working in healthcare.

<sup>37</sup> [Highest level of qualification by sex - Office for National Statistics](#)

in education, increases in compulsory school age, and changing aspirations and social norms over time<sup>38</sup>.

- People who identified as disabled under the Equality Act were more likely to report having no formal qualifications than those who did not identify as disabled (35% vs 17%) and were less likely to report having level 4 qualification or above (18% vs 32%)<sup>39</sup>. The proportion of disabled adults reporting no qualifications was higher in Havering than London (30%) and England (30%), while the rate reporting level 4 qualifications was lower (London 31%, England 23%)
- A greater proportion of people in Havering from [Asian](#), [black](#), [mixed](#) and [other](#) ethnic groups reported having a level 4 qualification or above compared to those identifying as [white](#).<sup>40</sup> This is likely in part due to the relationship between increasing age with decreasing levels of educational attainment, with a greater proportion of residents in the borough from Asian, black, mixed and other ethnic groups being in the younger cohorts in which rates of qualifications tend to be higher. However, there may also be other social and cultural differences around career expectations and aspirations which may also influence rates of entry to higher education.

Beyond the achievement of academic qualifications, other forms of vocational education, training and development play a vital part in enabling people to access employment and to progress within and beyond their current role, both by supporting development of particular skills and through building confidence. National data from 2022 suggested that 10% of employers had at least one skill-shortage vacancy (a vacancy that is hard to fill due to a lack of skills, qualifications or experience among applicants), with skill-shortage vacancies accounting for a growing proportion of all vacancies (32% in 2022 compared to 21% in 2019)<sup>41</sup>. This demonstrates the importance of training and development to deliver a workforce that can meet the skills requirements of the current and future jobs market.

In spite of this, there has been decline in the proportion of employers across London that report providing workplace training to staff<sup>42</sup>, while analysis of the Employer Skills Survey demonstrated a marked reduction in the investment in training per employee between 2011 and 2022 spend per head<sup>43</sup>, likely to be in part driven by budget constraints and other economic factors.

Locally, there are a number of services supporting local residents to gain new skills for work. The Havering Adult College had 1,088 learners start on specific work-orientated courses in 2023/24 with the vast majority of these learners citing the reason for undertaking a course being to support them in returning to work. 56 of these learners also took part in a short employability-readiness courses during the same year. Improved links with Job Centre Plus has supported an increase in the numbers accessing these employability courses in 2024/25<sup>44</sup>.

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<sup>38</sup>[Highest level of qualification by sex - Office for National Statistics](#)

<sup>39</sup>[Highest level of qualification by disability - Office for National Statistics](#)

<sup>40</sup>[Highest level of qualification by ethnic group - Office for National Statistics](#)

<sup>41</sup>[The Local Skills Improvement Plan for London: Helping Londoners get into better jobs by ensuring training matches employer demand – London Datastore](#)

<sup>42</sup>[The Local Skills Improvement Plan for London: Helping Londoners get into better jobs by ensuring training matches employer demand – London Datastore](#)

<sup>43</sup>[Employers spending a fifth less on employee training than a decade ago | New Economics Foundation](#)

<sup>44</sup>Data from Havering Adult College, provided by LBH Education team

The Havering Works employment and skills service offers free support for local unemployed residents who are looking to get back to work, training or explore future career opportunities. The service had 224 adult learners engage with their employability services either through direct referral or via outreach activities within the community, exceeding the annual target of 200<sup>45</sup>.

### Service Gaps / Unmet Needs

Given the scale of opportunity for improving the education, training and skills of local resident into adulthood, there is a need to:

- raise aspirations amongst young people in Havering to encourage a greater proportion to remain in training and education beyond statutory school age, to support acquisition of both formal qualifications and other work-related skills.
- increase the awareness and uptake of existing education and training opportunities in the borough.
- encourage and enable more local employers, including statutory partners, to maximise the number of entry-level, apprenticeship or other development roles that support on the job training and development including achievement of formal qualifications.

These efforts should also seek to improve access to and engagement with education and training amongst those groups currently less likely to hold formal qualifications, or to access existing support services - this may include groups that face particular barriers to accessing education and/or employment.

There is a lower number of high-skilled job opportunities in Havering compared to other parts of London. Increasing the number of high skilled jobs, for example, through inward investment opportunities, can help to increase the number of people with higher qualifications living in the borough and contributing to the local economy.

### Recommendations

- System partners to seek to maximise training and employment offer for local residents delivered as part of contract social value.
- Those working with children, young people and families to widely promote the Shaw Trust 'Prospects' information and advice programme to build confidence and prepare young people for work, particularly focusing on the 18-24 cohort who need to self-refer to the programme.
- Partnership to strengthen pathways to the Havering Works employment and skills advice service to residents and local employers, analysing uptake to identify any underrepresented population groups to inform this.
- LBH to explore appetite and value of convening a higher education partnership group, bringing together organisations involved in delivering education, training and support to local residents.
- Partnership to commit to supporting initiatives or interventions aimed at raising aspiration and promoting careers amongst young people and adults.
- LBH to continue to target inward investment opportunities that deliver an increasing number of high-skilled and professional roles in the borough.

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<sup>45</sup> Data from Havering Works, provided by LBH Education team



## 4.4.4 Housing

### Introduction

Poor housing conditions can have a detrimental effect on household members' physical, mental and social wellbeing. Many aspects of housing affect health – not only the quality of the house itself, but also housing affordability and fuel poverty, over-crowdedness, neighbourhood amenities and air quality, and residential stability.<sup>46</sup> Hence, high quality, affordable housing is a key element in ensuring the health and wellbeing of the population.

High housing costs put pressure on the household budgets of the many who are on moderate as well as low incomes. Difficulty paying the rent or mortgage can cause stress, affecting our mental health, while spending a high proportion of our income on housing leaves less for other essentials that influence health, such as food and social participation. Nonetheless, residents' housing situation in Havering compares favourably to elsewhere in London.

### Findings

Housing costs have risen, although home ownership is more affordable in Havering ([affordability ratio](#) 10.9) than elsewhere in London (12.7), but worse than in England (8.3) more broadly. A smaller proportion of homes in Havering (12.7%) fail to meet the 'Decent Homes' standard compared to London (14.0%) and England (16.7%). On the other hand, private landlords are selling their properties as lettings are less profitable due to changes in tax rules and higher mortgage rates.

Houses in multiple occupation (HMO) are a part of the privately rented sector that causes particular concern, given the inherent additional risks of overcrowding and consequent impact on safety and health. Havering has a lower proportion of verified House of Multiple Occupation (HMOs) among its dwellings (0.2%) compared to London (1.7%) and England (0.7%). 937 council houses in Havering are known to be overcrowded (Table 2).

**Table 2: Havering council housing type, 2024**

Type	Total
Overcrowded	457
Overcrowded with additional priority	480
<b>Total</b>	<b>937</b>

Source: LBH Housing Choice and Application, July 2024.

Cold homes, whether due to poor design, inability to pay for heating or a combination of the two, can cause and worsen respiratory conditions, cardiovascular diseases, poor mental health, dementia, hypothermia and problems with childhood development. Havering has a lower proportion of [households experiencing fuel poverty](#) (9.3%) than London (11.9%) and England (13.1%). This figure has reduced since 2019, when it was 13.2%, despite the significant rise in fuel costs since 2022. This could be partly contributed by the work of Energy Doctors programme, home upgrade grant 2 (HUG2), energy company obligation scheme (ECO4), the awareness of income support through COVID support work, and other social housing decarbonisation scheme facilitated by LBH Housing.

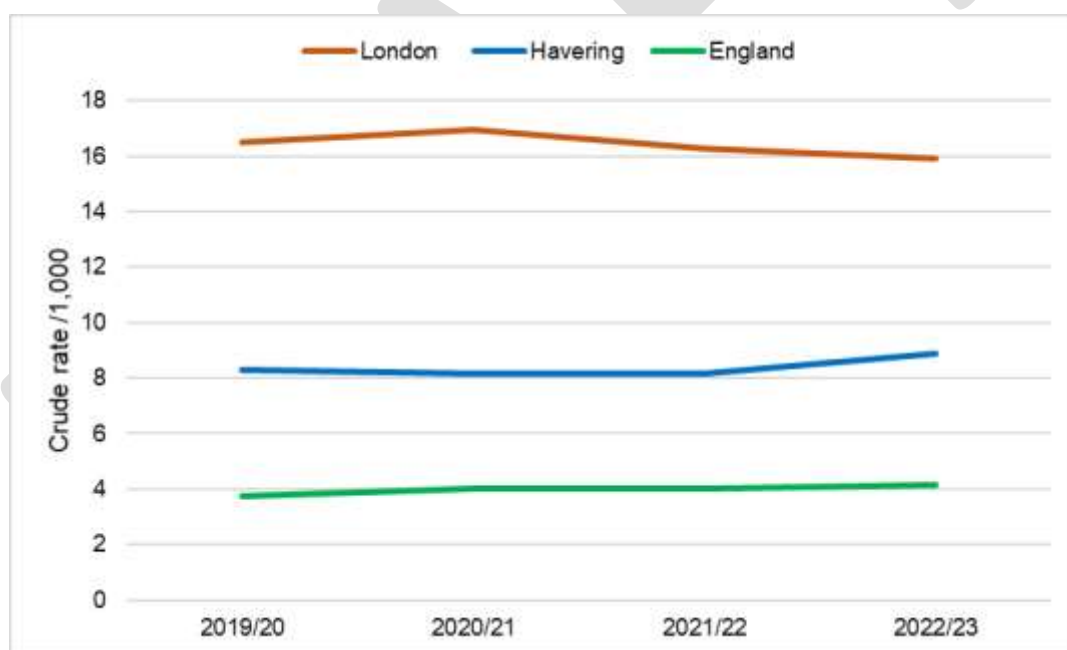
<sup>46</sup><https://www.health.org.uk/reports-and-analysis/briefings/moving-to-healthy-homes#:~:text=Housing%20affordability%20matters%20for%20our,as%20food%20and%20social%20participation.>

Indoor air pollution is increasingly recognised as an important element in air pollution, as people spend around 80% of their time indoors. Poor ventilation can result in harmful pollutants and moisture being trapped in the property which, in turn, can damage the health of people and the house itself. In 2022, 4% of homes in England had a problem with damp, an increase since 2019. Rising energy costs have put additional pressure on household budgets.

The health outcomes of people experiencing homelessness is far worse than the general population, with the average age of death around 30 years lower for the homeless population than for the general population.<sup>47</sup> In Havering in 2022/23, 19.7% households are owed a duty under the Homelessness Reduction Act, higher than both London (15.8) and England (12.4) averages.

There were 957 households in temporary accommodation in Havering in 2022/23. This translates to a rate of 8.9/1,000 which is better than London average (15.9) but worse than England average (4.2). The number of households in hotels for temporary accommodation rose from 3 in 2019/20 to 396 in 2023/24. Nonetheless 1,007 families and 2,127 single people were relieved from homelessness in 2023/24.

**Figure 17: Households in temporary accommodation, crude rate per 1,000 estimated total households**



Source: OHID, based on Department for Levelling Up, Housing and Communities and Office for National Statistics data

Havering has a relatively low number of rough sleepers compared with many other London authorities. After a number of years of increases, the most recent figures show this has declined from 58 (2022/23) to 39 (2023/24).<sup>48</sup> Modular homes, office conversion and large

<sup>47</sup> NICE, Integrated health and social care for people experiencing homelessness. <https://www.nice.org.uk/guidance/ng214>

<sup>48</sup> <https://data.london.gov.uk/dataset/chain-reports>

development opportunities are being implemented or planned as a part of Romford Master Plan 2024.<sup>49</sup>

## Service Gaps / Unmet Needs

### *New homes planned for next 5 years*

Havering, like the rest of London, and many other parts of the country, does not have sufficient housing supply to meet demand. Due to a historic deficit of new supply against the local housing target and the resultant requirement to apply a 20% buffer to the target figure, between 2023/24 and 2027/28, Havering's housing target stands at 13,247 units. This equates to on average 2,649 units needing to be delivered each year to meet this target<sup>50</sup>.

The current anticipated housing supply between 2023/24 and 2027/28 stands at 8,930 units – this is based on number of units deemed likely to be delivered by large scale schemes and an estimate of small-scale developments based on historic trends. As a result, Havering's current estimated housing supply between 2023/24 and 2027/28 is anticipated to deliver only 67% of that required (Table 3).

**Table 3: Summary of Havering Housing Trajectory, 2023/24 - 2027/28.**

Housing supply & targets	Units
Housing target (23/24 - 27/28)	7,973
Previous supply shortfall (16/17- 22/23)	3,066
Five year target plus previous shortfall	11,039
Five year target plus previous shortfall plus 20% buffer	13,247
Annualised housing target	2,649
Anticipated housing supply (23/24 - 27/28)	8,930
<b>% of units required anticipated to be delivered (23/24 - 27/28)</b>	<b>67%</b>

Source: London Borough of Havering 2022-23 Housing Trajectory and 5 Year Land Supply<sup>51</sup>

## Recommendations

- The council and partners should work together to support the building of decent and affordable housing, raise awareness around ventilation and insulation, and support those who are becoming homeless.
- Havering Council to deliver up to a 1,000 good quality temporary accommodation units over the next 5 years to support the exit of families and singles in hotel.
- The council and partners should work together to deliver bespoke housing options for people leaving hospital or wards with complex needs i.e. supported housing accommodation and modular housing. Partners to collaborate to deliver modular housing solutions as a step-down arrangement supporting people to live independently in the community.

<sup>49</sup><https://democracy.havering.gov.uk/documents/s75622/Romford%20Masterplan%20-%20Appendix%201%20-%20Draft%20Romford%20Masterplan%20SPD.pdf>

<sup>50</sup>[Annex 1 - Authority Monitoring Report 2022-2023 - Housing Trajectory and 5 Year Land Supply](#)

<sup>51</sup><https://www.havering.gov.uk/downloads/file/6512/annex-1-authority-monitoring-report-2022-2023-housing-trajectory-and-5-year-land-supply>

- The council and partners should consider long-term regeneration proposals where 1% of housing provision under s106 are provided to people with clinical needs where they can receive clinical intervention in the communities.
- The council and partners should work together to design and develop psychologically informed environments to support health and well-being of people/ households experiencing trauma related to homelessness.
- The council /planning should explore and quantify any opportunities arising from the proposed amendments to the National Planning Policy Framework that will enable additional housing schemes that meet local need to be brought forward, including those arising through proposed changes to utilisation and definition of brownfield and grey belt land.
- The council to continue actively monitoring quality of local authority housing through regular stock condition surveys to ensure that repairs and maintenance programme and HRA business plan can effectively prioritise those properties in need of improvement or repair.

## 4.5 Places & Communities

### Key findings

- Incidents of **anti-social behaviour** (ASB) saw a 16% increase in 2023, compared to 2022. An increase in ASB calls to police was seen in 15 of 20 Havering wards. Domestic abuse (DA) in Havering has seen a steady increase over the past 3 years (668 per quarter in 2021 to 746 per quarter in 2022) and now constitutes 14% of reported crime
- 23.4% of Havering's population live in the poorest performing 20% of areas on the 2024 **Access to Healthy Assets & Hazards Index**.
- In 2022, it was estimated that the equivalent of 6.4% of all-cause deaths amongst adults aged 30 and over in Havering were attributable to exposure to PM2.5 **air pollution**.
- In Havering, the number of **premises licensed to sell alcohol** per square km (5.2) in 2021/22 was higher than England average (1.26 per km<sup>2</sup>), but significantly below the London average (13.7 per km<sup>2</sup>)
- In 2023, 68 people were **killed or seriously injured on roads** in Havering.
- Havering scored 1.97 out of a possible 10 on the 2024 **Healthy Streets Score card** assessment. This is the fifth lowest score in London, though represents a slight increase from 2023 score of 1.77.
- The **digital exclusion risk** index of Havering residents (2.8) is slightly higher than London average (2.7).
- The percentage of adult **carers** (65 years and over) who have as much **social contact** as they would like (22.7%) is lower than both London (27.7%) and England (28.8%) averages.
- Percentage of adult carers (Age 18 years and over) who have as much social contact as they would like (25.3%) is lower than both London (27.5%) and England (28.0%) averages
- In Havering, 2% of the population identify with one of the **LGBTQ+** orientations.
- 3,645 residents in Havering previously served in UK regular armed forces and 1,243 in UK reserve armed forces.

## Recommendations

- HWB members should continue to support the work of Violence Reduction Strategic group and Combating Drugs Partnership. Havering CDP and substance misuse provider should support the Integrated Offender Management (IOM) scheme
- Front line staff of the services including primary care should offer Domestic Abuse Awareness training. Health Partners consider how they can improve data sharing in relation to violence and domestic abuse
- Relevant LBH departments should work with developers to ensure that the health and wellbeing implications of new large-scale developments and regeneration programmes are considered as early as possible in the planning process and are sufficiently scrutinised via a robust Health Impact Assessment to ensure that health benefits can be maximised and any risks sufficiently mitigated.
- As part of supporting a diverse local retail offer, relevant LBH teams should consider any opportunities for further policies (including the new Local Plan) that may prevent further proliferation of hot food takeaways, alcohol-licensed premises, and other retail premises with negative health and wellbeing impacts, particularly in areas of highest deprivation.
- Using the Healthy Streets Scorecard as a starting point, LBH should continue to bring forward proposals to implement and expand recommended measures and other complementary activities to improve road safety, increase active travel/modal shift and improve air quality.
- All partners to take steps to support efforts to encourage and facilitate modal shift, to support local ambitions to see 65% of trips in the borough being undertaken by active or public transport by 2041.
- In line with Havering Carers Strategy, HWB members should continue efforts to increase identification of carers to ensure they can access available support.
- HWB members should continue to support efforts to tackle social isolation in general, but particularly amongst older residents, as part of wider efforts to improve the mental health and independence of older people.
- Prevention interventions and health and care services should be culturally sensitive to ensure equitable access and reduce health inequalities.

### 4.5.1 Community Safety

#### Introduction

Crime, particularly violent crime, impacts negatively on the health of victims and the wider community.<sup>52</sup> Fear of crime and antisocial behaviour has wider effects, deterring residents from using assets in the community and reducing social interaction. Local action to reduce crime and the harm caused is coordinated by the Havering Community Safety Partnership (HCSP). The Local Authority, on behalf of the HCSP, undertakes an annual CSP Strategic Assessment.

The council has a strategy<sup>53</sup> to reduce the incidence of violence and knife crime. The Serious Violence Duty has been live since January 2024 and applies to all statutory partners including

<sup>52</sup><https://www.health.org.uk/evidence-hub/our-surroundings/safety/relationship-between-neighbourhood-crime-and-health#:~:text=In%20addition%20to%20the%20direct,poorer%20mental%20and%20physical%20health.>

<sup>53</sup><https://www.havering.gov.uk/community-1/serious-violence-strategy>



Health providers whilst the delivery of the Serious Violence Strategy sits under the governance of the Havering Community Safety partnership. There are cross cutting themes which need to be considered by the Health and Well Being Board due to the serious impact violence has on the health and wellbeing of Havering residents

A relatively small proportion of (repeat) offenders, many of whom struggle with drug dependency, account for a high proportion of solved crimes. A holistic support package, involving a range of partners including drug treatment services, mental health services, housing services etc., may be effective in reducing reoffending and the harm caused to these individuals, their families and the wider community.

- Evidence suggests that high level of worry about crime was associated with higher odds for loneliness. Worry about crime was linked to loneliness in women but not men.<sup>54</sup>
- Early prison release will also add demand onto the already stretched services such as substance misuse service provider and the Police.

## Findings

Domestic Abuse (DA) in Havering has seen a steady increase over the past 3 years (668 per quarter in 2021 to 746 per quarter in 2022) and now constitutes 14% of reported crime<sup>55</sup>. This is the only crime type Havering reported to reach a rate (34.5 /1,000) similar to London average (34.5) and higher than England average (30.6).

Anti-Social Behaviour (ASB) saw a 16% increase in 2023, compared to 2022. An increase in ASB calls to police was seen in 15 of 20 Havering wards.<sup>56</sup>

According to the data from calendar year 2023, Havering despite the 3<sup>rd</sup> largest borough with busy economy with easy links to central London and M25 and Essex, has remained a lower ranking (26<sup>th</sup> among 32 London boroughs) for the total number of notifiable crimes (TNO) and 24<sup>th</sup> for the total number of recorded violent crimes. The most prevalent crime groups were violence against the person, followed by theft (Table 4). St Edwards's Ward has the highest number (3,185) and rate (305.3 per 1,000 population) of TNOs in Havering. The highest number of re-offenders were in the 15-17 and 40-44 age groups.

**Table 4. Crime rates per 1,000 population in Havering compared to London and England.**

Crime Type	Havering	London	England
Burglary	5.0	6.4	
Domestic abuse related incidents and crimes	34.5	34.5	30.6
Drug dealing offences	3.8	4.2	
Knife crime	1.2	1.7	
Robbery	2.1	3.9	
Theft	18.4	33.1	
Violence against the person	25.7	28.7	

Source: Havering CSP/ Crime in England, 2023

<sup>54</sup><https://www.sciencedirect.com/science/article/pii/S2352827322002956>

<sup>55</sup>Havering Community Safety Partnership

<sup>56</sup>Havering Community Safety Partnership

## Service Gaps / Unmet Needs

Health partners are encouraged to regularly participate in the delivery of DV MARAC (Domestic Violence Multiagency Risk Assessment Conference).

## Recommendations

- Health and Social Care Partners especially the providers of mental health services and substance misuse services should participate in Community Safety Partnerships and contribute to the delivery of agreed plans and strategies such as ASB policy.
- HWB members should continue to support the work of Violence Reduction Strategic group and Combating Drugs Partnership. Havering CDP and substance misuse provider should support the Integrated Offender Management (IOM) scheme
- Relevant representatives of health and care organisations should participate in the delivery of DV MARAC (Domestic Violence Multiagency Risk Assessment Conference).
- Health providers should support the roll out of the IRISi project<sup>57</sup> across GP practices in Havering. Health providers to explore the provision of onsite IDVA and domestic abuse advisors.
- Front line staff of the services including primary care should be offered Domestic Abuse Awareness training to enable them to sign post victims / survivors to appropriate services. Health Partners should consider how they can improve data sharing in relation to violence and domestic abuse

## 4.5.2 Healthy Places

### Introduction

The built and natural environment are part of the wider determinants of health and wellbeing, having a significant influence on physical and mental health, and on health inequalities<sup>58</sup>. Some of our most pressing health challenges, including obesity, poor mental health issues and physical inactivity are influenced by our environment. This underlines the importance of leveraging every opportunity within the work of the Council, NHS and other partners to support the delivery of health promoting and protecting environments and ensuring that health is effectively considered within planning and delivery of regeneration and infrastructure projects<sup>59</sup>.

Factors which can shape the health of a local area include things such as:

- Availability of safe, affordable, high-quality housing
- Quality and accessibility of open spaces
- Availability of high quality, nutritious food
- Provision and accessibility of community assets
- Levels of air pollution, noise pollution and other forms of nuisance

<sup>57</sup> <https://irisi.org/iris6b-london/>

<sup>58</sup> <https://www.gov.uk/government/publications/phe-healthy-places/phe-healthy-places>

<sup>59</sup> <https://www.england.nhs.uk/wp-content/uploads/2019/09/philip-executive-summary.pdf>

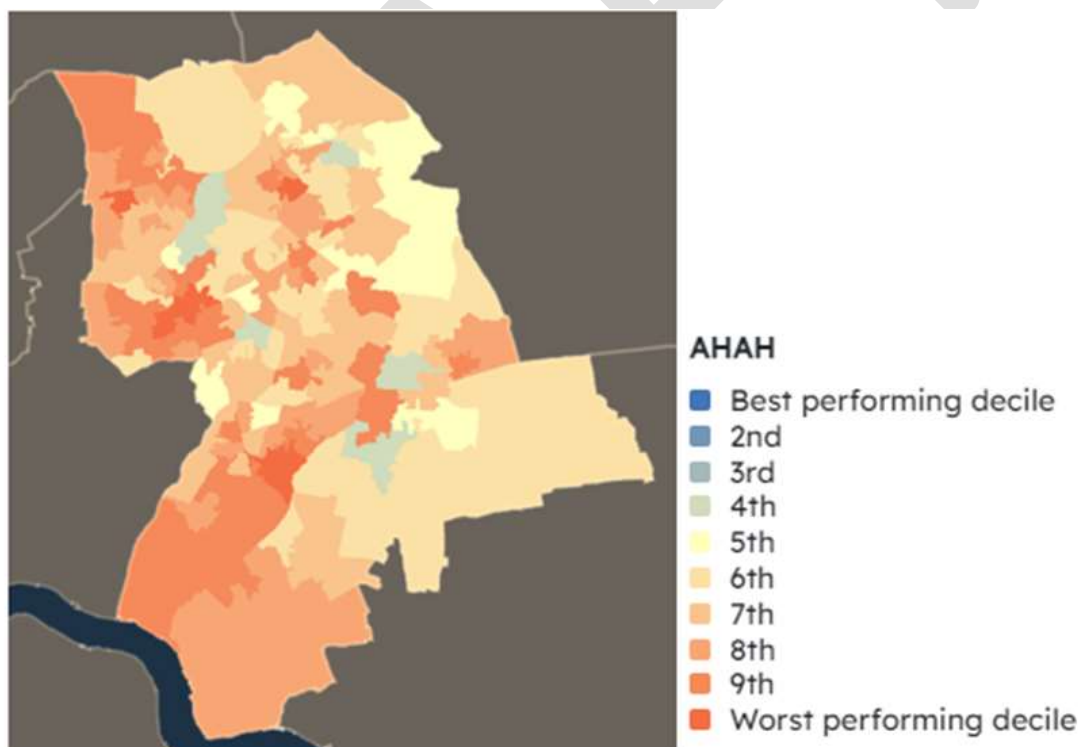
## Findings

### Access to Healthy Assets & Hazards Index

The Access to Healthy Assets and Hazards (AHAH) index is a composite measure used to assess how 'healthy' neighbourhoods are<sup>60</sup>. The AHAH index combines the scores of metrics across four key domains; [Retail environment](#) (access to fast food outlets, pubs, tobacconists, gambling outlets), [Health services](#) (access to GPs, hospitals, pharmacies, dentists, leisure services), [Physical environment](#) (access to Blue Space and Green Space), and [Air quality](#) (based on levels of a number of key pollutants).

23.4% of Havering's population live in LSOAs which score in the poorest performing 20% in England on the 2024 AHAH index. This is the fifth lowest proportion in London, and well below the London figure of 58.5%, with outer London boroughs tending to perform more favourably than inner London boroughs. Havering has no LSOAs within the highest performing 20%.

**Figure 18: Access to Healthy Assets and Hazards (AHAH) Index score 2024 – Havering LSOAs compared to UK<sup>61</sup>**



Source: Consumer Data Research Centre, 2024

### Air quality

There is now well-established evidence that adverse health effects, including mortality, are associated with localised concentrations of outdoor air pollutants. In the short term, exposure to elevated levels of air pollution can cause acute exacerbations of asthma and other

<sup>60</sup><https://data.cdrc.ac.uk/dataset/access-healthy-assets-hazards-ahah>

<sup>61</sup><https://data.cdrc.ac.uk/dataset/access-healthy-assets-hazards-ahah#data-and-resources>

respiratory conditions, which in turn can drive an increase in respiratory and cardiovascular hospital admissions and mortality. In the longer term, studies have shown an association between air pollution and reduced life expectancy and development of health conditions such as coronary heart disease, stroke and respiratory disease<sup>62</sup>. Although air pollution can be harmful to anyone, it is also a significant driver of health inequalities, with a GLA report on air pollution in London<sup>63</sup> ) finding:

People that live in more polluted areas are more susceptible to the ill effects and tend to face higher levels of economic deprivation, disadvantage and pre-existing medical conditions<sup>64</sup>.

- Some groups are biologically more susceptible to the ill-effects of air pollution, including children, older people, pregnant women, and those with pre-existing health conditions.
- Areas with the lowest levels of key air pollutants have a disproportionately white population. Inequalities in exposure to air pollution experienced between ethnic groups are much more pronounced in Outer London.

Particulate matter (PM) is a key pollutant in urban areas, associated with a range of man-made activities including fuel combustion and tyre and brake wear. It is considered to be one of the most harmful air pollutants, and an important contributor to morbidity and mortality. Fine (small) PM, known as PM2.5, is therefore often used as a metric for assessing the potential health impacts of air pollution<sup>65</sup>.

Levels of PM2.5 in Havering are generally low in comparison with much of the rest of London. There are however areas of higher concentration along key transport routes within the borough, linked to emissions from motor vehicles.

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<sup>62</sup><https://www.gov.uk/government/publications/health-matters-air-pollution/health-matters-air-pollution>

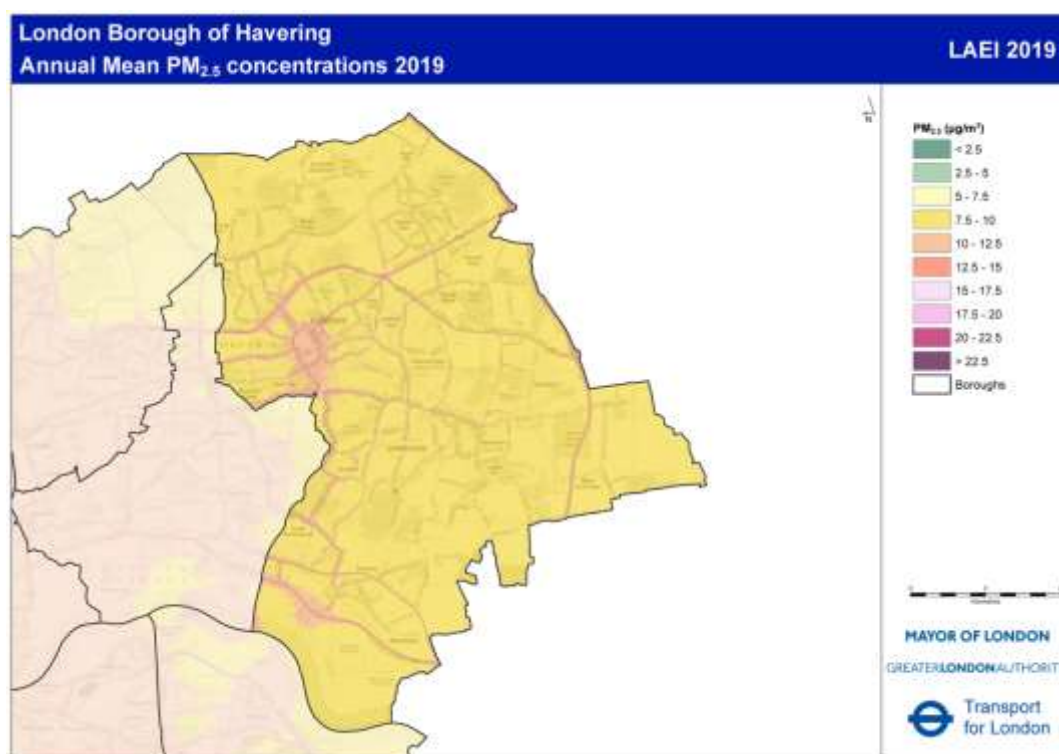
<sup>63</sup><https://www.london.gov.uk/programmes-strategies/environment-and-climate-change/environment-and-climate-change-publications/air-pollution-and-inequalities-london-update-2023>

<sup>64</sup><https://www.gov.uk/government/publications/health-matters-air-pollution/health-matters-air-pollution>

<sup>65</sup><https://www.gov.uk/government/publications/particulate-air-pollution-health-effects-of-exposure/statement-on-the-differential-toxicity-of-particulate-matter-according-to-source-or-constituents-2022>



**Figure 18: Annual Mean PM<sub>2.5</sub> concentrations across Havering, 2019**



Source: Greater London Authority (GLA)

As a means of estimating the local health impacts of PM<sub>2.5</sub>, modelling has sought to quantify the proportion of all-cause mortality attributable to exposure. In 2022, it was estimated that the equivalent of 6.4% of all-cause deaths amongst adults aged 30 and over in Havering could be attributable to exposure to PM<sub>2.5</sub><sup>66</sup>. This does not mean that 6.4% of deaths occurred wholly as a result of air pollution, but rather that this could be the cumulative impact on mortality across the population. The Havering estimate is lower than London (7.1%) but higher than England (5.8%), reflecting the different annual PM<sub>2.5</sub> concentrations across these geographies<sup>67</sup>.

While previous estimates of mortality seem to suggest a decline in PM<sub>2.5</sub> attributable mortality since 2018 (the rate for Havering was estimated at 8.4% in 2018), caution is needed when considering apparent trends over time. This is because the approach to modelling attributable mortality has been updated and improved over time<sup>68</sup>.

### **Healthy High streets**

A healthy high street can make it easier for people to access healthy foods, support community cohesion and social interaction and provide access to health services. However, high streets

<sup>66</sup><https://fingertips.phe.org.uk/search/pollution#page/6/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/93861/age/230/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<sup>67</sup><https://fingertips.phe.org.uk/search/pollution#page/6/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/93861/age/230/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<sup>68</sup><https://fingertips.phe.org.uk/search/pollution#page/6/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/93861/age/230/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

can also be a home to businesses which can have a detrimental effect on health<sup>69</sup>, the effect of which can be compounded where there is a high density of these outlets. Previous analysis commissioned by the Faculty of Public Health concluded that retail outlets posing the greatest risk to health included high-cost credit providers, gambling venues, fast-food outlets and off licenses<sup>70</sup>.

Studies have shown that the density of licensed premises can have an impact on rates of violence and alcohol-related disorder in the night-time<sup>71</sup> which can pose a risk to health and life. There is also growing evidence that greater alcohol availability is associated with alcoholism.<sup>72</sup> There is however also recognition that licensed venues offering on-site consumption, such as pubs and bars, can often be places that support positive benefits around social interaction and community cohesion<sup>73</sup>.

The number of premises licensed to sell alcohol per square km (5.2) in Havering in 2021/22 was higher than England average (1.26), but significantly below the London average (13.7 per km<sup>2</sup>). There are areas of the borough with particularly high density of licensed venues, such as Romford Town Centre. These higher density areas are likely to comprise a mixture of on-premises (pubs, bars) and off-premises (off-licenses, supermarkets) outlets.

There is a clear relationship between levels of deprivation and density of [hot food takeaways](#) offering predominately high fat, sugar and salt (HFSS) products, and in turn an association with the negative consequences of poor diet, including overweight and obesity and type II diabetes<sup>74</sup>. There are a total of 211 premises in Havering recorded as operating as a takeaway<sup>75</sup>. While not all of these premises may be offering meal choices that are predominately HFSS, it is reasonable to assume that this is likely to be the primary offering from a reasonable proportion of these outlets. The map below shows that there is a clustering of takeaway premises in areas with highest footfall (such as Romford Town Centre), and within more deprived areas (Harold Hill, Rainham).

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<sup>69</sup><https://www.rsph.org.uk/static/uploaded/b6f04bb8-013a-45d6-9bf3d7e201a59a5b.pdf>

<sup>70</sup><https://www.rsph.org.uk/static/uploaded/dbdbb8e5-4375-4143-a3bb7c6455f398de.pdf>

<sup>71</sup><https://www.ias.org.uk/report/licensing-in-practice-the-availability-of-alcohol-in-uk-society/>

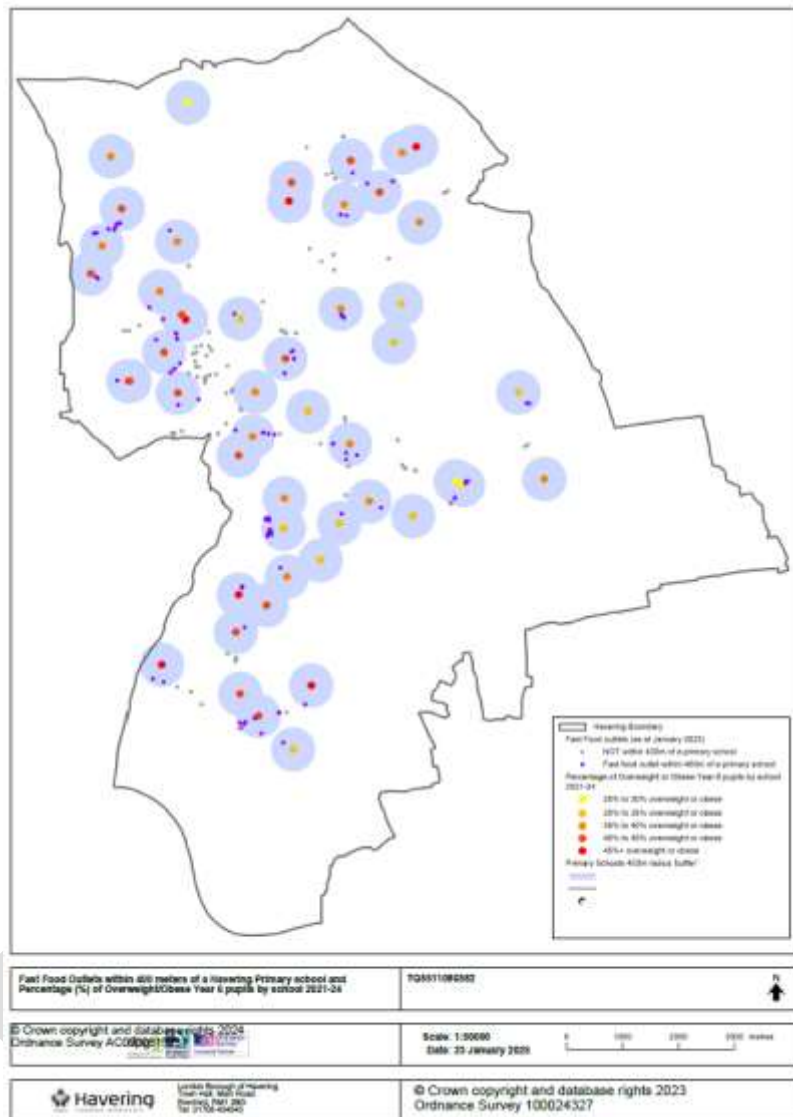
<sup>72</sup><https://www.lancaster.ac.uk/users/ext-rel/press/LU%20Text/Submissions/Pdf%27s/RESConf2016-724.pdf>

<sup>73</sup><https://www.rsph.org.uk/static/uploaded/dbdbb8e5-4375-4143-a3bb7c6455f398de.pdf>

<sup>74</sup><https://assets.publishing.service.gov.uk/media/6756e67b43b2de5fee8dae87/cmo-annual-report-2024-health-in-cities.pdf>

<sup>75</sup>Data provided by LBH Public Protection Licensing Team

**Figure 19: Takeaway premise locations in relation to Havering primary schools**



The map above also shows that a significant proportion of takeaways sit within a 400m radius of a primary school (113 of 211 – 53.6%). Revised policy within the London Plan from 2017 prevents further proliferation of hot food takeaways within these 400m zones. The Government’s National Policy Planning Framework (2024) features strengthened language to support local authorities to take further action to prevent takeaway proliferation in “other places where children and young people congregate” and “in locations where there is evidence that a concentration of such uses is having an adverse impact on local health, pollution or anti-social behaviour”<sup>76</sup>.

<sup>76</sup><https://assets.publishing.service.gov.uk/media/675abd214cbda57cacd3476e/NPPF-December-2024.pdf>

The most recent data from the Gambling Commission suggests that there are 43 premises [licensed for on-site gambling, adult gaming or bingo](#) in Havering.<sup>77</sup> These venues are concentrated in the Romford area – for example, during the course of a roughly 10-minute walk down South Street through the centre of the Romford ring-road, the public will pass 9 venues licensed for gambling activities.

### Service Gaps / Unmet Needs

A key challenge relating to healthy places is that historically, places such as town centres and residential areas have not necessarily been developed with and wellbeing implications health in mind, often emerging gradually over time in a less planned way.

Significant programmes of regeneration and development (such as those planned for Romford, outlined in the Romford Masterplan) offer a critical opportunity to fundamentally re-shape local areas in ways that better recognise and respond to the established evidence about the impact of the local built environment on health and wellbeing.

Ensuring that the health and wellbeing opportunities and implications of new development and regeneration schemes are fully identified, articulated and acted on is an essential part of delivering healthier places for local residents.

Regarding licensed premises, there is scope to consider whether local licensing policies can be strengthened to further protect residents, particularly from vulnerable populations, from associated risk of health and wellbeing harms.

### Recommendations

- LBH to work with developers to ensure that the health and wellbeing implications of new large-scale developments and regeneration programmes are considered as early as possible in the planning process and are sufficiently scrutinised via a robust Health Impact Assessment to ensure that health benefits can be maximised and any risks sufficiently mitigated.
- LBH and developers to take steps to ensure that new developments are meeting the requirement to be air quality neutral.
- LBH and health and wellbeing partners to actively promote the AirText service to residents and local services.
- LBH to implement Transportation (section 5.5.3) recommendations that support modal shift and active travel to support reductions in vehicle emissions that contribute to poor air quality.
- As part of supporting a diverse local retail offer, relevant LBH departments to consider any opportunities for further policies (including the new Local Plan) that may prevent further proliferation of hot food takeaways, alcohol-licensed premises, and other retail premises with negative health and wellbeing impacts, particularly in areas of highest deprivation.
- Drawing on learning to be gathered through the Clockhouse Superzone project, explore the feasibility of implementing the healthy catering commitment and a healthier retail scheme in other parts of the borough, particularly in the vicinity of schools and deprived areas.

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<sup>77</sup> <https://www.gamblingcommission.gov.uk/public-register/premises/download>

### 4.5.3 Transportation

#### Introduction

The quality and accessibility of transport infrastructure and the adequacy of transport services can have a direct impact of health and wellbeing; the availability of well connected, safe and pleasant walking and cycling routes can enable active travel, while efforts to reduce and calm motorised traffic can reduce road accidents and associated emissions. Wider, indirect impacts of good quality transport links include enabling people to access employment, education, and health care services, while supporting people to maintain social connections – all things which support good physical and mental health and wellbeing<sup>78</sup>.

For some people, particularly for those with limited mobility or health conditions, access to a car remains important, if not essential. However, policies that prioritise car use and underinvestment in other forms of transport and infrastructure can mean it is more difficult for those without a car to travel easily – those without cars are disproportionately those on low-incomes and young people<sup>79</sup>.

#### Killed and seriously injured (KSI) casualties on England's roads

Reducing road danger is a public health priority and is key to increasing physical activity through active travel, improving air quality and supporting decarbonisation. In 2023, 68 people were killed or seriously injured on roads in Havering. The majority of those killed or seriously injured were passengers in a car (21), pedestrians (13), motor cyclists (17) or pedal bike users (12). A further 583 people were casualties in lower severity road traffic incidents – these predominately involved car passengers<sup>80</sup>

Expressed per 1 billion vehicle miles, the number of KSI incidents in Havering in 2023 equated to a rate of 60.9 – the lowest rate in London, and lower than estimates for London (187.5) and England (91.9)<sup>81</sup> There has been no statistical change in the rate of KSI incidents in Havering in the last 5 years. This may in part reflect the relatively small number of incidents that occur each year. However, significant progress is still needed to deliver on the Mayor of London and TfLs<sup>82</sup> for all deaths and serious injuries from road collisions to be eliminated from London's streets by 2041.

Previous analysis published by TfL<sup>83</sup> identified inequalities surrounding the frequency and outcome of KSI incidents:

- Almost twice as many people living in the most deprived 30 per cent of London are involved in KSI collisions than people living in the least deprived 30 per cent
- A greater proportion of incidents occur on roads in the 30 per cent most deprived areas

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<sup>78</sup><https://www.health.org.uk/reports-and-analysis/briefings/how-transport-offers-a-route-to-better-health>

<sup>79</sup><https://www.health.org.uk/reports-and-analysis/briefings/how-transport-offers-a-route-to-better-health>

<sup>80</sup><https://maps.dft.gov.uk/road-casualties/index.html>

<sup>81</sup><https://fingertips.phe.org.uk/search/KSI#page/4/gid/1/pat/6/ati/502/are/E09000016/iid/93754/age/1/sx/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<sup>82</sup><https://tfl.gov.uk/corporate/safety-and-security/road-safety/vision-zero-for-london>

<sup>83</sup><https://content.tfl.gov.uk/inequalities-in-road-danger-in-london-2017-2021.pdf>



- More men are injured than women, with this difference increasing with deprivation and injury severity
- Young adults aged between 16 and 30 are more frequently killed or seriously injured, or slightly injured, than any other age group.

### Public Transport Accessibility Levels

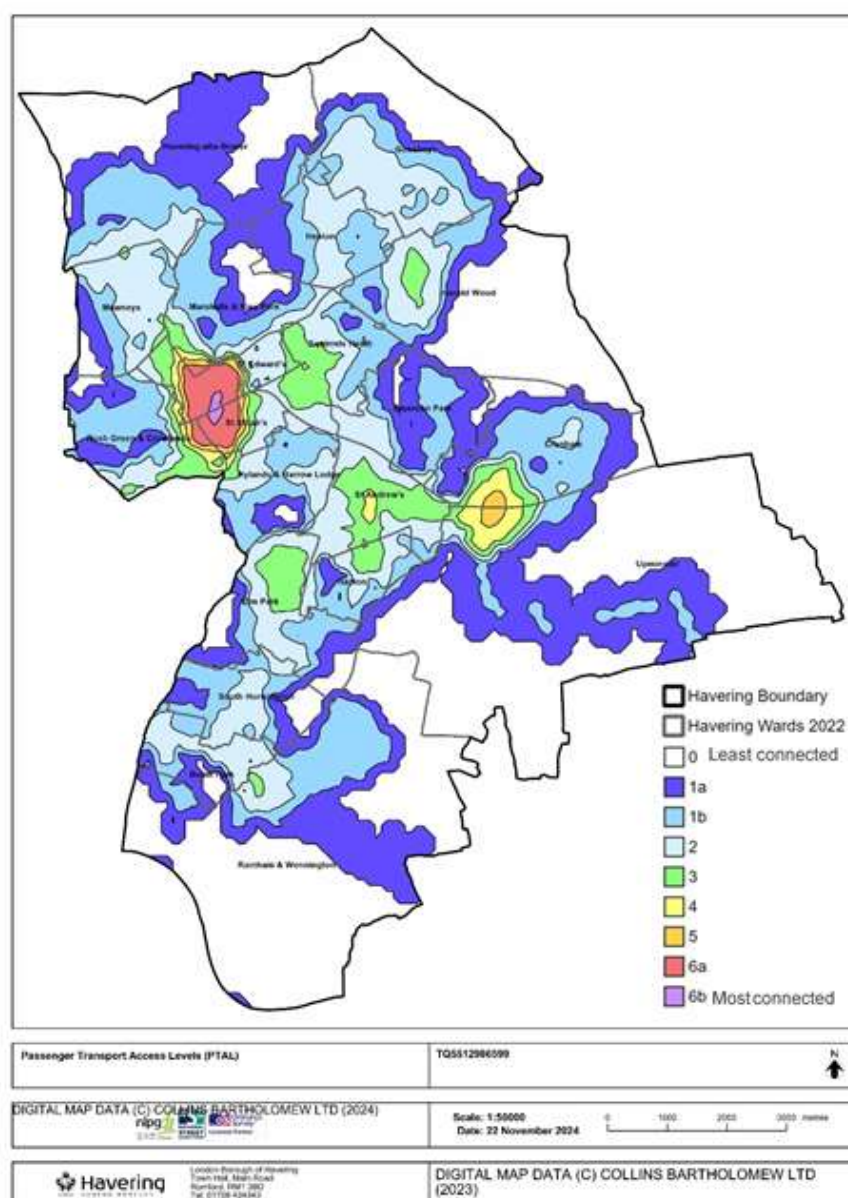
Public transport accessibility levels (PTALS) are a measure of the accessibility of the public transport network within small geographical areas, taking into account walk access time and service availability and reliability. Each 100m by 100m square in the borough is graded between 0 and 6b, where a score of 0 is very poor access to public transport, and 6b is excellent access<sup>84</sup>.

As can be seen in figure 20, while there is a clustering of areas with excellent and very good accessibility (notably in and around Romford town centre, and to a lesser extent, Upminster), much of Havering is considered to have moderate to poor public transport accessibility. This reflects a similar pattern seen across other outer London boroughs, in part reflecting the more rural, less densely populated nature of some localities, but equally lower investment in these areas compared to areas of inner London.

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<sup>84</sup><https://data.london.gov.uk/dataset/public-transport-accessibility-levels>

Figure 20: PTALS scores across Havering, 2024



Source: Transport for London, 2024

### Provision of public rapid charge devices per 100,000 population

As of July 2024, Havering had one of the lowest numbers and rate per head of total publicly available EV charging devices<sup>85</sup> in London (81 devices, 30.6 per 100,000 population, compared to outer London (140.8 per 100,000), London (233.6 per 100,000) and England (97.4 per 100,000)<sup>86</sup>. Havering has a higher proportion of homes with off street parking than other parts of London (particularly inner boroughs), meaning there is greater potential for home owners to have installed their own private charging points, for which government grants are available.

<sup>85</sup> Devices may have a number of connectors at varying speeds

<sup>86</sup> [electric-vehicle-public-charging-infrastructure-statistics-july-2024.ods \(live.com\)](https://electric-vehicle-public-charging-infrastructure-statistics-july-2024.ods.live.com)

Of the 81 devices publicly available in the borough, 50 offer [rapid charging \(50kW and above\)](#), giving Havering the 10<sup>th</sup> highest rate of rapid charging devices in London (18.9 per 100,000, compared to 15.0 per 100,000 across North East London, 13.7 per 100,000 across London and 18.1 per 100,000 across England. Improving EV charging infrastructure supports the process of transitioning from petrol or diesel powered vehicles to fully electric models. While this will yield benefits in terms of net reductions in tailpipe emissions, electric vehicles still contribute to forms of particulate pollution through tyre and break wear and will still be involved in KSI collisions. As such, efforts to improve EV infrastructure should be balanced with those to continue to promote and facilitate modal shift to safe active or public transport methods, as outlined in the Havering Active Travel Strategy 2024-41.

### Healthy Streets Scorecard

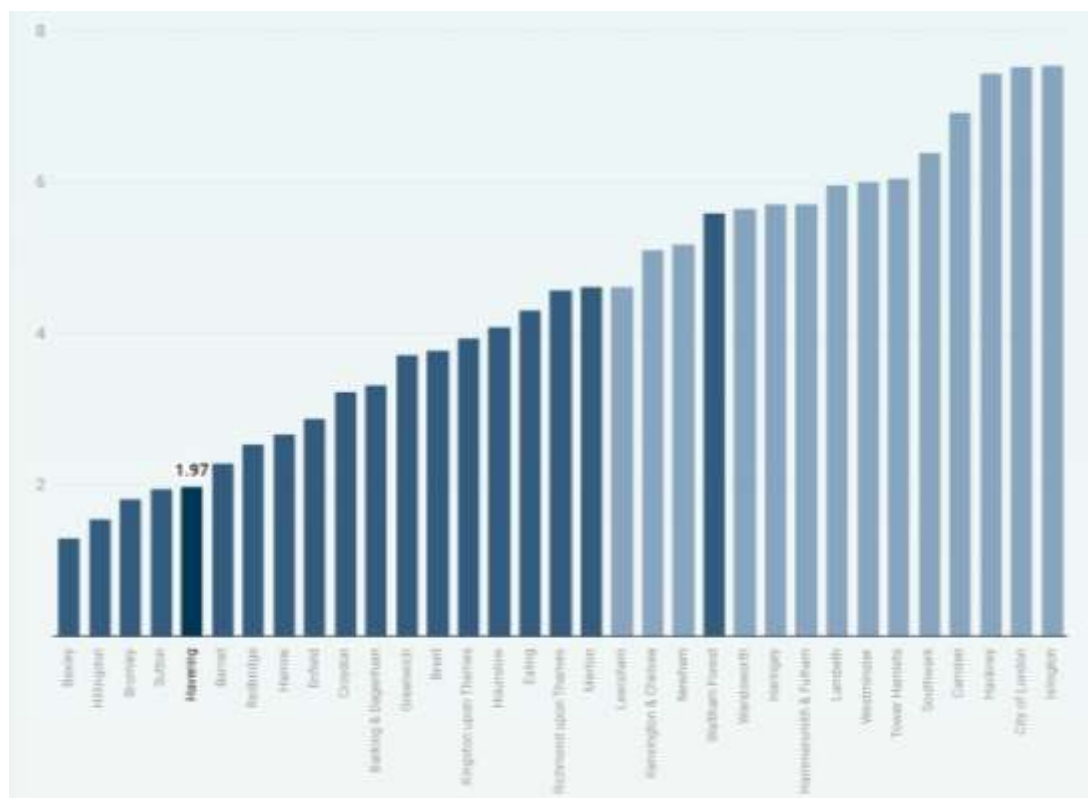
The Healthy Streets Scorecard, developed by the London Healthy Streets coalition, provides a composite measure which seeks to quantify local action to address air quality, physical inactivity, noise pollution and road casualties, and enable comparisons between London boroughs<sup>87</sup>.

Havering scores poorly against the overall 2024 Healthy Streets Score card assessment, with a combined score of 1.97 out of a possible 10 – this is the fifth lowest score in London, though represents a slight increase from 2023 score of 1.77. Though outer London boroughs tend to perform lower on the scorecard measure (reflective of the differing geography and population density) Havering remains well below the best performing outer London boroughs.

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<sup>87</sup>Indicators included in the composite measure are: % of borough covered by Low Traffic Neighbourhoods, % of boroughs road network covered by 20mph Speed Limits, % of boroughs road network covered by Controlled Parking Zones, % of boroughs road network with Physically Protected Cycle Track, level of school engagement with TfL Travel for Life programme, proportion of schools with a School Street, % of bus routes given priority over other traffic (e.g. bus lanes), % trips taken by active or public transport, rates fatal and serious road casualties amongst those walking and cycling and car ownership rates.

**Figure 21: London Boroughs Healthy Streets Scorecard - overall scores for 2024**  
Scorecard data for Havering and other London boroughs



Source: London Boroughs Healthy Streets Scorecard<sup>88</sup>

Of the measures considered within the scorecard, Havering performs very well on TfL Travel for Life scheme participation, with 49% of schools enrolled, the 3<sup>rd</sup> highest proportion in London. There has also been a notable increase in the number of School Streets in recent years (increasing from 5% of schools in 2022 to 19% in 2024), though coverage remains below the London average of 23% and well below the top performing London borough (50%).

Havering has particularly low scores against several of the other measures:

- Just 10% of borough-controlled streets have a 20 miles-per-hour speed limit, one of the lowest proportions in London, compared to London average of 59%.
- Low Traffic Neighbourhoods coverage is low, at 13% compared to a London average of 26%.
- Bus priority coverage is just 8%; this compares to 18% in Ealing, the outer London borough with the highest coverage.
- Despite positive improvements to some cycle track provision in Romford town centre, only 1% of the borough's road network provides protected cycle lanes;
- [Car ownership](#) remains high at 102 cars per 100 households, but in a London-wide trend, this is decreasing year-on-year (1.8%-point reduction from 2023).

<sup>88</sup> Note: Dark blue: Outer London boroughs, light blue: Inner London boroughs  
[https://www.healthystreetsscorecard.london/your\\_borough/havering/](https://www.healthystreetsscorecard.london/your_borough/havering/)

While the borough's urban/rural makeup will be likely to keep the Havering's score below those achieved by inner London boroughs on some of the measures, based on other outer London boroughs, there is still opportunity to increase the local implementation of some of the measures proposed.

### **Service Gaps / Unmet Needs**

A significant challenge in delivering increases in the use of active or public transport methods is the relatively poor public transport connections seen in many parts of the borough (as demonstrated by local PTALS scores).

While connectivity into London has improved in recent years following the launch of the Elizabeth line service, there remain many areas of the borough where public transport is limited, with north-to-south travel being a particular challenge.

While the planned introduction of Superloop 2 in 2025 will see an additional link between south Havering and Romford (and west across North East London), this will not address the connectivity issues faced by those residents outside the borough's main transport hubs.

As previously noted, Havering has a lower rate of public EV charging points compared to other parts of London. However, LBH will be delivering nearly two hundred further public EV charging points from 2025, which should markedly increase access in the borough.

### **Recommendations**

- Using the Healthy Streets Scorecard as a starting point, LBH to continue to bring forward proposals to implement and expand recommended measures and other complementary activities to improve road safety, increase active travel/modal shift and improve air quality.
- LBH to ensure that future allocations of TfL Local Implementation Plan (LIP) funding continue to be prioritised for interventions which best support the delivery of health and wellbeing benefits, in areas where they are most needed.
- LBH to continue to identify opportunities to enhance the EV charging infrastructure, including use of community infrastructure levy (CIL) monies where appropriate.
- LBH to continue to lobby TfL to explore any opportunities to improve public transport provision in the borough as a means of supporting modal shift.
- All partners to take steps to support efforts to encourage and facilitate modal shift, to support local ambitions to see 65% of trips in the borough being undertaken by active or public transport by 2041.



## 4.5.4 Social Connectivity

### Introduction

Social networks with family, friends, work colleagues, neighbours etc. can mitigate some of life's challenges and setbacks e.g. ill-health, relationship breakdown, job loss, experience of crime etc. Some groups and communities may be less likely to have strong networks and hence less resilient. ONS<sup>89</sup> have identified three distinct cohorts as being more likely to self-report loneliness:

- Widowed older homeowners living alone with long-term health conditions.
- Unmarried, middle-agers with long-term health conditions.
- Younger renters with little trust and sense of belonging to their area.

Social isolation is a risk factor for mental illness particularly in older residents. Social prescribers working in GP practices, and local area coordinators are well placed to assist individual residents to build social networks. At community level, Havering Council has established community hubs in Harold Hill and Rainham, the borough's most disadvantaged communities, along with a virtual hub. The community hubs are designed with the community, with the intention of improving access to statutory services and support from the voluntary care sector (VCS) organisations. The hubs provide an information service across the wider determinants of health including debt, housing, work, education as well as health and social care services and access to immediate support including a community food shop, access to computers and the internet alongside training and skills opportunities. Community hubs complement the 1:1 support provided by local area coordinators to individual residents.

### Findings<sup>90</sup>

- The percentage of adult social care users of age 65+ who have as much social contact as they would like in Havering in 2022/23 was 36.7% which was similar to London average of 35.7% but lower than England average of 41.5%.
- The percentage of Havering's adult carers (65+ years) who had as much social contact as they would like (22.7%) in 2022/23 was lower than both London (27.7%) and England (28.8%) averages.
- Percentage of Havering's adult social care users (Age18+) who had as much social contact as they would like (43.0%) in 2022/23 was better than London average (39.7%) but similar to England average (44.4%).
- The Percentage of Havering's adult social carers (Age18+) who had as much social contact as they would like (25.3%) in 2022/23 was lower than both London (27.5%) and England (28.0%) averages

### Service Gaps / Unmet Needs

Digital exclusion risk index of Havering residents (2.8) is slightly higher than London average (2.7). Havering libraries and voluntary care sector have been supporting residents to be more digitally literate and support them with online forms as interim solution while they are on their way to digital literacy.

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<sup>89</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/lonelinesswhatcharacteristicsandcircumstancesareassociatedwithfeelinglonely/2018-04-10>

<sup>90</sup><https://fingertips.phe.org.uk/profiles>

## Recommendations

- Support efforts to tackle social isolation in general, but particularly amongst older residents, as part of wider efforts to improve the mental health and independence of older people. Mental health services should be made more accessible for older people.
- Service users and carers should be offered JoyApp and other support to help reduce social isolation.
- In line with Havering Carers Strategy, continue efforts to increase identification of carers to ensure they can access available support.
- Marketing tools such as MOSAIC or Acorn, could be used to identify digitally excluded communities and improve access to health information and services.

### 4.5.5 Communities with specific needs

#### Introduction

A community is a group of people joined together by a common interest, characteristics or experience.<sup>91</sup> Health inequalities could exist due to the differences in opportunities and practices related to health common to the community that one belongs to. In addition, a stronger recognition of the role communities can play in and their greater involvement in efforts to improve health and wellbeing are needed if there is to be a successful move to a population health approach and a reduction in health inequalities. As part of this shift in focus, integrated care systems need to take the role communities can play in improving and sustaining good health seriously, working at the place and neighbourhood level where the link to communities is strongest.

There are many 'assets' within communities, such as skills and knowledge, which can be mobilised to promote health and wellbeing. From a health care perspective, communities have great insight and intelligence on what they need from health services, and on what works in improving health. Linked to this, directly engaging people from the most marginalised groups and those most likely to be affected by health inequalities is important in addressing these inequalities through both formal health services and other means.

#### Findings

##### **LGBTQ Community**

According to the ONS Census 2021, the majority of Havering residents aged 16 and above (91%) identify as straight or heterosexual. In total, 2% identify with one of the LGBTQ+ orientations ("Gay or Lesbian", "Bisexual" or "Other sexual orientation") (Table 5).

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<sup>91</sup> <https://www.kingsfund.org.uk/insight-and-analysis/long-reads/communities-and-health>

**Table 5: Detailed breakdown of sexual orientation in Havering for residents aged 16 and over, 2021.**

Sexual Orientation	Number	Percentage
Straight or Heterosexual	191,007	91.1%
Gay or Lesbian	1,993	0.95%
Bisexual	1,540	0.73%
Pansexual	436	0.21%
Asexual	56	0.03%
Queer	21	0.01%
All other sexual orientations	46	0.02%
Not answered	14,631	7.0%
<b>Total</b>	<b>209,730</b>	<b>100%</b>

Source: ONS Census, 2021.

### **Ex-armed forces personnel**

According to the 2021 census, 3,645 residents in Havering previously served in UK regular armed forces and 1,243 in UK reserve armed forces. In general, the health of the military population is good compared with the general population, due to the expected physical fitness required to join the armed forces. Nonetheless, the higher levels of occupational physical activity for armed forces personnel though point to a higher prevalence of musculoskeletal injury. In addition, smoking rate and drinking rate could be higher than the general population.<sup>92</sup> The prevalence rates of mental illness roughly equate to the general population with slight increases in reported mental health illness amongst combat troops and reservists. Early service leavers – those who leave prior to four years of service – and reservists have been found to have a higher risk of developing mental health problems than their peers.

NHS England has enshrined the principles of the Armed Forces Covenant into the NHS Constitution, meaning the armed forces population should not experience disadvantage in accessing health services where they live due to their increased mobility in comparison with the general population. These frequent moves give rise to a need to ensure they have a “level transfer when moving between different provider waiting lists” to ensure that when accessing treatment “the NHS will ensure that in line with the Armed Forces Covenant<sup>93</sup>, those in the armed forces, reservists, their families and veterans are not disadvantaged in accessing health services in the area they reside”.

### **Traveller population**

There were 192 caravans occupied by travellers in Havering as at January 2023, an increase by 34 from the previous year (158) (see Table 6). Only 30 were on authorised sites while 57 were tolerated<sup>94</sup>. The total number of caravans has been consistent over the last two years and the number with permanent planning permission is increasing.

<sup>92</sup><https://www.kcl.ac.uk/research/kcmhr>

<sup>93</sup><https://www.england.nhs.uk/contact-us/privacy-notice/how-we-use-your-information/our-services/armed-forces-and-families-health-care/>

<sup>94</sup>A ‘tolerated’ site is one where the local authority has decided not to seek the removal of the encampment, and where the encampment has been, or is likely to be, allowed to remain for an indefinite period of months or years

**Table 6: Count of Traveller Caravans in Havering, Last Seven Counts, January 2020 to January 2023.**

			2020		2021		2022		2023
			Jan	Jul	Jan	Jul	Jan	Jul	Jan
Authorised sites (with planning permission)	Socially Rented Caravans		0	No data	No data	0	0	0	0
	Private Caravans	Temporary Planning Permission	122	No data	No data	122	121	0	0
		Permanent Planning Permission	25	No data	No data	25	22	22	30
		All Private Caravans	147	No data	No data	147	143	22	30
Unauthorised sites (without planning permission)	No. of Caravans on Sites on Travellers' own land	"Tolerated"	0	No data	No data	0	0	54	57
		"Not tolerated"	0	No data	No data	15	15	116	105
	No. of Caravans on Sites on land not owned by Travellers	"Tolerated"	0	No data	No data	0	0	0	0
		"Not tolerated"	0	No data	No data	0	0	0	0
Total All Caravans			147	No data	No data	162	158	192	192

Source: Ministry of Housing, Communities & Local Government and Department for Levelling Up, Housing and Communities, UK

### Refugees and asylum seekers

As of 30 June 2024, 662 Ukrainians under Homes for Ukraine programme, 53 Afghans under Afghan Resettlement programme and 181 asylum seekers were accommodated in Havering<sup>95</sup>. [Refugees](#) and asylum seekers can have complex health needs. These may be influenced by experiences prior to leaving their home country, during transit or after arrival in the UK. Holistic and person-centred care is essential to support resilience and help them adapt to life in the UK. Common health challenges include:

- untreated communicable diseases
- poorly controlled chronic conditions
- maternity care
- mental health and specialist support needs.

Despite this, there is no evidence that refugees and asylum seekers use a disproportionate share of NHS resources, and migrants in the UK and elsewhere in Europe [tend to use fewer services](#) than native populations<sup>96</sup>.

### Service Gaps / Unmet Needs

Services will need to be culturally sensitive to be able to ensure access to people from diverse backgrounds and vulnerability.

<sup>95</sup>LBH Havering Crisis Response team

<sup>96</sup><https://www.who.int/publications/i/item/report-on-the-health-of-refugees-and-migrants-in-the-who-european-region-no-public-health-without-refugee-and-migrant-health>

## Recommendations

- Prevention interventions and health and care services should be culturally sensitive to ensure equitable access and reduce health inequalities.
- Local Area Coordinators approach is required to support complex needs of vulnerable communities.
- Local health plans should consider community assets and community-centred approaches that build on individual and community.
- Services should involve those at risk of social exclusion in designing and delivering interventions that address inequalities in health.

## 4.6 Health Behaviours & Lifestyle

### Key findings

- In 2023/24, 21% of children aged 4-5 (reception year) in Havering were overweight or obese, this was similar to the England average (22.1%).
- In 2023/24, 38.4% of children aged 10-11 (year 6) in Havering were overweight or obese, this was significantly higher than the England average (35.8%)
- The Havering's adult smoking prevalence over the 2021-23 period was 12.4%, similar to London (11.6%) and England (12.4%) averages.
- In Havering smoking prevalence is higher among the main white population (40.3%) as compared to all other groups according to the 2023 GP data.
- In 2023/24, the percentage of pregnant women smoking at time of delivery was 3.7%, similar to London average (3.9%), but lower than England average (7.4%).
- Smoking rates in Havering vary across age groups. It is highest among 31-35 age group (19%) and lowest among adolescents aged 12-15 (0.1%).
- The latest data (2023) shows that for every 100,000 deaths in Havering, 36 are related to alcohol. This rate is similar to the London (34/100,000) and England (41/100,000) averages.
- Number of Havering residents in **drug and alcohol treatment** has increased from 528 in 2020/2021 to 1,093 in Q2 2024. But this was supported by buying additional capacity with supplementary grant which will end in April 2025.
- Currently there are more than 400 Havering patients (75 under CAHMS) in mental health care who have **co-occurring substance misuse** problem (aka Dual Diagnosis).
- Havering's **chlamydia detection** rate amongst young people has consistently been below London and England averages and the national target, limiting opportunities to interrupt transmission in the community.
- In 2021, 33.7% of women aged 15-24 years in Havering accessing a termination of pregnancy were recorded as having received at least one prior termination.
- In Havering, **prenatal vaccine coverage** has fallen in recent years, in the context of a national increase in pertussis (whooping cough) cases.
- In Havering, cancers are the number one **cause of difference in life expectancy due to inequality** among women.



### Key recommendations

- The Council and NHS should work with a wide range of stakeholders, including residents, to implement a Borough-level place-based whole systems approach for tackling obesity in Havering, as outlined in the Havering Healthy Weight Strategy.
- The Council and NHS should work with stakeholders, including residents, to develop a more intensive neighbourhood-level place-based whole system approach in Heaton and Gooshays wards, where there are inequalities in rates of obesity coupled with greater disadvantage, as outlined in the Havering Healthy Weight Strategy.
- Public Health should expand service provision ensuring availability of a full range of behavioural interventions and cessation aids, including vapes.
- Public Health should work with educational establishments and young people to raise awareness of harm from tobacco and vapes.
- With the support of the Planning, CSP, CDP and partners should continue to implement project Adder and priority areas in the Combating Substance Misuse Strategy to reduce substance misuse supply.
- ICB and Primary Care partners should identify feasible opportunities to increase vaccine coverage within primary care, secondary care and maternity services.
- NHS England, NELCA and Havering GPs should continue to improve cancer screening coverage, reduce health inequalities by improving access to those with SMI and LD.
- LBH, ICB, NHS and other partners should commit to delivery against actions outlined in the North East London Sexual and Reproductive Health Strategy, and accompanying local action plan.
- The council should work with local partners to review existing community-based SRH provision to identify any opportunities to strengthen or diversify this offer.

## 4.6.1 Healthy Weight

### Introduction

Obesity rates in Havering are very high for both children and adults, either similar to or above the London and England averages. Importantly, evidence shows that children who are obese are more likely to be obese in adulthood<sup>97</sup>, underlining the whole life-course implications the issue of excess weight. Overweight and obesity is cutting lives short and negatively impacting the quality of life of Havering residents.

Nationally, it is estimated that the impacts of obesity cost the NHS £6.5 billion per year<sup>98</sup>, while the wider impacts of overweight and obesity have been estimated to cost society £98 billion per year<sup>99</sup>.

Obesity is a complex issue, caused by multiple factors that interact with each other; the modern-day changes in the circumstances where we live, work and play that now make us more likely to opt for unhealthy options of foods and less likely to be physically active. In short, it is largely the circumstances where we live, known as 'the system', which has resulted in the increasing rates of overweight and obesity.

<sup>97</sup><https://stateofchildhealth.rcpch.ac.uk/evidence/prevention-of-ill-health/healthy-weight/>

<sup>98</sup><https://healthmedia.blog.gov.uk/2023/06/07/government-plans-to-tackle-obesity-in-england/>

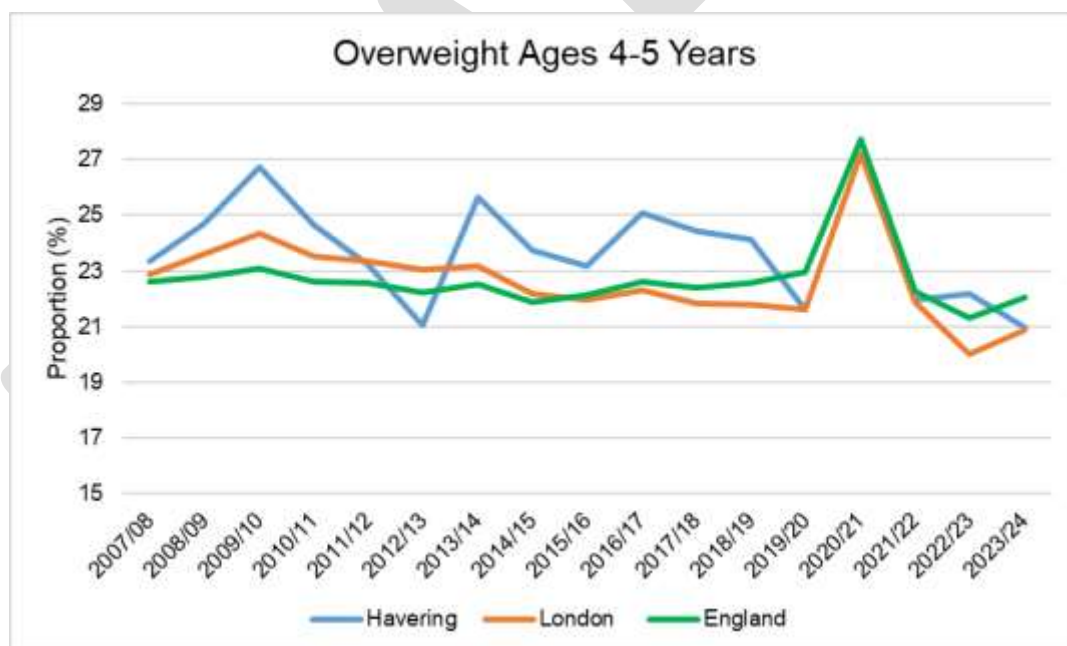
<sup>99</sup><https://institute.global/insights/public-services/unhealthy-numbers-the-rising-cost-of-obesity-in-the-uk>

The Havering Obesity Health Needs Assessment<sup>100</sup> sets out key information and evidence regarding overweight and obesity in the borough, some of the key findings of which are summarised below. The needs assessment was used to inform the *Havering Healthy Weight Strategy 2024-2029: Everybody's Business*<sup>101</sup>, a whole systems approach to maintaining healthy weight. It sets out why healthy weight is an issue that needs urgent attention, the scale of the problem, the evidence for tackling the issue, and recommendations for action.

## Key Findings

In 2023/24, 21% of Havering children aged 4-5 (reception year) were overweight or obese, this was in line with the England average (22.1%). Amongst children aged 10-11 years (year 6), the rate was 38.4%, significantly higher than the England average (35.8%)<sup>102</sup>. There has been no significant change in the prevalence of Reception aged or Year 6 aged overweight or obesity in Havering in the last 5 years.

**Figure 22: Proportion of children aged 4 – 5 years who were overweight or obese, 2007/08 – 2023/24, Havering, London and England.**



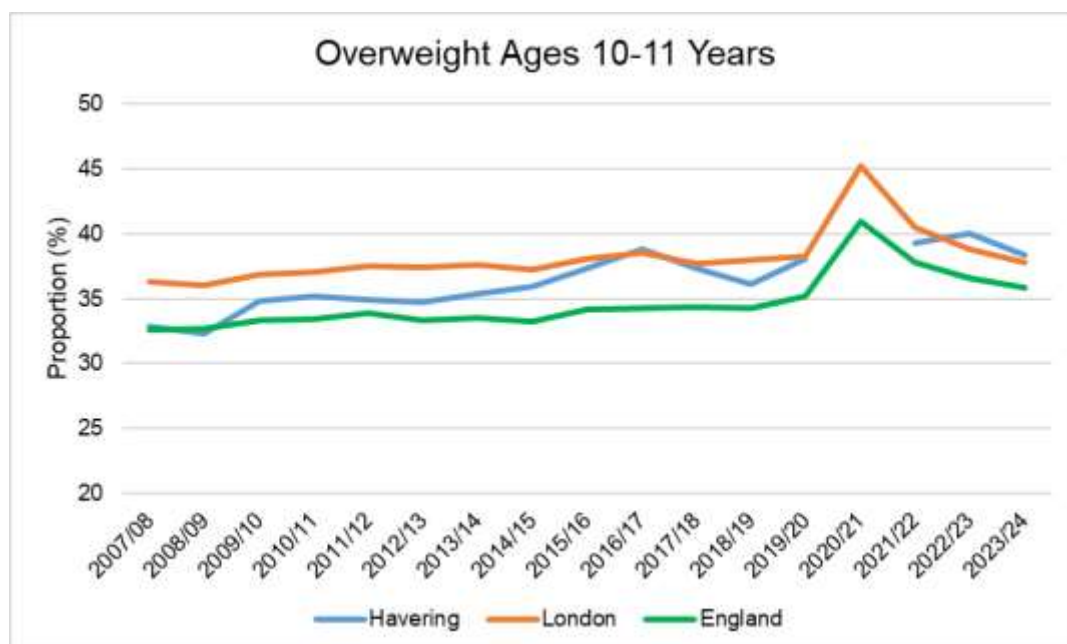
Source: OHID, Produced by LBH PHI

<sup>100</sup>[https://consultation.havering.gov.uk/public-health/healthy-weight-strategy-consultation/supporting\\_documents/Havering%20Obesity%20Health%20Needs%20Assessment%20V1.0.pdf](https://consultation.havering.gov.uk/public-health/healthy-weight-strategy-consultation/supporting_documents/Havering%20Obesity%20Health%20Needs%20Assessment%20V1.0.pdf)

<sup>101</sup><https://www.havering.gov.uk/downloads/file/6794/havering-healthy-weight-strategy-2024-2029-everybody-s-business>

<sup>102</sup><https://fingertips.phe.org.uk/profile/national-child-measurement-programme>

**Figure 23: Proportion of children aged 10 – 11 years who were overweight or obese, 2007/08 – 2023/24, Havering, London and England.**



Source: OHID, Produced by LBH PHI

In 2022/23, based on the latest Sport England Survey data from OHID, 65.8% of adults in Havering (18+) were classified as overweight or obese using self-reported height and weight<sup>103</sup>. This is in line with the England average (64%).

National estimates from Cancer Research UK suggest that 36% of the adult population may be obese by 2040<sup>104</sup>. If trends continue then the combined prevalence of overweight and obesity may reach 71% by 2040<sup>105</sup>. There are stark inequalities in relation to the prevalence of overweight and obesity, with some groups disproportionately impacted, including<sup>106</sup>:

- people living in deprived areas,
- older age groups,
- some black and minority ethnic groups
- people with learning and physical disabilities.

Physical inactivity is one of the leading risk factors for mortality, being associated with 1 in 6 deaths in the UK <sup>107</sup>. The most recent Active Lives Adult Survey conducted in 2021/22 found that 61% of respondents aged 16+ in Havering reported meeting the minimum recommended

<sup>103</sup><https://www.sportengland.org/research-and-data/data/active-lives/active-lives-data-tables>

<sup>104</sup>[https://www.cancerresearchuk.org/sites/default/files/tipping\\_the\\_scales\\_-\\_cruk\\_full\\_report11.pdf](https://www.cancerresearchuk.org/sites/default/files/tipping_the_scales_-_cruk_full_report11.pdf)

<sup>105</sup>[https://www.cancerresearchuk.org/sites/default/files/cancer-stats/adult\\_overweight\\_and\\_obesity\\_prevalence\\_projections\\_18-05/adult\\_overweight\\_and\\_obesity\\_prevalence\\_projections\\_18-05.pdf](https://www.cancerresearchuk.org/sites/default/files/cancer-stats/adult_overweight_and_obesity_prevalence_projections_18-05/adult_overweight_and_obesity_prevalence_projections_18-05.pdf)

<sup>106</sup>[https://consultation.havering.gov.uk/public-health/healthy-weight-strategy-consultation/supporting\\_documents/Havering%20Obesity%20Health%20Needs%20Assessment%20V1.0.pdf](https://consultation.havering.gov.uk/public-health/healthy-weight-strategy-consultation/supporting_documents/Havering%20Obesity%20Health%20Needs%20Assessment%20V1.0.pdf)

<sup>107</sup>[www.gov.uk/government/publications/physical-activity-applying-all-our-health](https://www.gov.uk/government/publications/physical-activity-applying-all-our-health)

levels of physical activity. This was one of the lowest proportions reported across London, and lower than London (66.8%) and England (67.3%) averages <sup>108</sup>.

Conversely, Havering had one of the highest proportions of respondents [reporting being physically inactive](#), at 27.9%, higher than both London (22.9%) and England averages (22.3%)<sup>109</sup>. There are known inequalities in participation in physical activity across England, including<sup>110</sup>:

- Men are more likely to report meeting minimum recommended levels of physical activity than women;
- [People tend to become less physically active with increasing age](#);
- Levels of activity are also associated with deprivation; 55% of adults in the 30% most deprived areas achieved 150 minutes of activity per week, compared to 68% in the 30% least deprived areas.

### Service Gaps / Unmet Needs

The Havering Healthy Weight Strategy action plan articulates a range of partnership actions deemed necessary to address key gaps and unmet needs in relation to healthy weight. There continues to be opportunities to strengthen and expand existing weight management or healthy-weight related service provision, including those services targeted at groups known to be disproportionately affected such as children and young people and those with disabilities.

However, given the scale of challenge in relation to population rates of overweight and obesity, it is recognised that these kinds of services are only part of the wider response required, hence the need for continued partnership commitment to implementing and sustaining a whole-systems approach. The Healthy Weight strategy is first year of implementation. It is recognised that more work is still needed to ensure the actions and principles of the strategy are effectively embedded across the work of the council and wider partnership, to support longevity and maximise impact.

In relation to physical activity, guidance from the Chief Medical Officer identifies that at a population level, the greatest health and wellbeing benefits will be accrued by increasing the number of people who are currently sedentary/inactive to beginning to participate in some level of physical activity<sup>111</sup>. Activities to promote and enable active travel (see section 4.5.3) offer an important means to support this, but consideration should be given to any further opportunities provide/facilitate more structured physical activity, particularly for groups that may face barriers to participation.

### Recommendations

- Council and NHS work with a wide range of stakeholders, including residents, to implement a Borough-level place-based whole systems approach for tackling obesity in Havering, as outlined in the Havering Healthy Weight Strategy.

<sup>108</sup> [Active Lives data tables | Sport England](#)

<sup>109</sup> [Active Lives data tables | Sport England](#)

<sup>110</sup> [Active Lives data tables | Sport England](#)

<sup>111</sup> [UK Chief Medical Officers' Physical Activity Guidelines](#)

- Council and NHS work with stakeholders, including residents, to develop a more intensive neighbourhood-level place-based whole system approach in Heaton and Gooshays wards, where there are inequalities in rates of obesity coupled with greater disadvantage, as outlined in the Havering Healthy Weight Strategy.
- Learning from implementing the intensive neighbourhood-level place-based approach in Heaton and Gooshays wards to inform future waves of neighbourhood-level place-based approaches in the Borough.
- LBH to adopt and implement a new physical activity strategy, to support residents to be more physically active.

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## 4.6.2 Smoking

### Introduction

Smoking is a behaviour often formed at young age, often addictive, driven by the tobacco industry through advertising, ease of access<sup>112</sup>, visibility and also normalised by society. Smoking causes serious harm to the health of both smokers and non-smokers and is the most important cause of preventable ill health such as cancer, heart and lung diseases and leads to premature deaths. 72% of lung cancer cases in the UK are caused by smoking.<sup>113</sup> In pregnancy smoking increases the risk of harm to the unborn baby such as increased risk of miscarriage, premature birth, stillbirth and low birth-weight. In both men and women smoking is a major risk factor for impotence<sup>114</sup> and in women it is also associated with increased risk of early natural menopause<sup>115</sup>.

Because smoking is so harmful, differences in smoking prevalence across the population translate into major differences in death rates and illness. Smoking is the single largest driver of health inequalities in England. Higher smoking prevalence is associated with almost every indicator of deprivation or marginalisation.<sup>116</sup> In Havering Smoking varies by gender, ethnicity, across age and socioeconomic groups with close links to deprivation.

### Findings

#### Smoking Prevalence

- Data from Office for Health Improvement and Disparities (OHID)<sup>117</sup> shows adult smoking prevalence in Havering has fluctuated in recent years.
- [Smoking prevalence in adults](#) (1 year range) in 2023 was 10.9%, a 5% drop from 15.9% in 2022
- Adult smoking prevalence over 3-year period (2021 to 2023) was 12.4%, similar to London (11.6%) and England (12.4%) averages.
- Smoking prevalence is higher among the white population at 40.3% compared to all other groups according to the 2023 GP data.
- Percentage of pregnant women smoking at time of delivery was 3.7% in 2023/24, similar to London average (3.9%), but lower than England average (7.4%)
- Smoking rates vary across age groups, highest among 31-35 age group, at 18.9% and lowest among adolescents aged 12-15, at 0.1%. Prevalence remains high between ages

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<sup>112</sup><https://news.cancerresearch.org/2022/04/01/health-inequalities-why-do-people-smoke-if-they-know-it's-bad-for-them>

<sup>113</sup><https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/lung-cancer/risk-factors#heading-Two>

<sup>114</sup><https://pubmed.ncbi.nlm.nih.gov/29523476/>

<sup>115</sup><https://pubmed.ncbi.nlm.nih.gov/29020262/>

<sup>116</sup>[https://ash.org.uk/uploads/ASH-Briefing\\_Health-Inequalities.pdf](https://ash.org.uk/uploads/ASH-Briefing_Health-Inequalities.pdf)

<sup>117</sup><https://fingertips.phe.org.uk/profile/tobacco-control/data#page/1/gid/1938132886/pat/6/par/E12000007/ati/402/are/E09000016/yr/1/cid/4/tbm/1>

of 36-50 (17-18%) and then gradually declines from 51 – 55 (16.9%) down to 5.4% in those aged 76 and older.<sup>118</sup>

### ***Hospital admissions & smoking-attributable deaths***

- Between 2017 and 2019, over 900 people in Havering died from smoking-attributable causes, translating to 198 deaths per 100,000 people—higher than London's rate (171) but lower than England's (202)<sup>119</sup>
- During the 2019-2022 period, Havering had 1,452 hospital admissions attributable to smoking (993 per 100,000), lower than both London (1,152) and England (1,398) averages. In the same year, there were 530 emergency hospital admissions in Havering for COPD (363 per 100,000), similar to London (358) and lower than England (415)<sup>120</sup>
- Smoking is the largest avoidable risk factor for cancer. Between 2017 and 2019, Havering recorded 393 smoking-attributable deaths from cancer (88.4 per 100,000), higher than London's average (76.5) but lower than England (89.6).
- Between 2021 to 2023, Havering recorded 299 deaths from lung cancer (40.5 per 100,000), just slightly lower than London (41.8) and lower than England (47.5)<sup>121</sup>
- During the 2020- 2022 period, Havering recorded 342 deaths from COPD (45 per 100,000), higher than both London (39) and England (42.8).
- Over the 2017 -2019 period, there were 123 smoking-attributable deaths from heart disease in Havering (27.2 per 100,000), higher than London (25.2) but lower than England (29.3).<sup>122</sup>

### ***Economy & Environmental Impact***

- Smoking costs Havering £256 million per year whilst revenue from cigarettes and hand rolled tobacco taxation (excluding VAT) brings in about £40.6 per year according to Action against Smoking and Health (ASH).<sup>123</sup>
- About 970 people in Havering are estimated to be out of work.<sup>123</sup>
- Environmental impact associated with smoking is evident in every stage of the tobacco supply chain –from deforestation for cultivation, manufacturing and packaging to cigarette butt litter. According to Keep Britain Tidy research, smoking related litter make up 66% of all littered items<sup>124</sup>

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<sup>118</sup>[https://consultation.havering.gov.uk/public-health/tobacco-harm/supporting\\_documents/Havering%20Tobacco%20Harm%20Reduction%20Needs%20Assessment%202024%20FINAL.pdf](https://consultation.havering.gov.uk/public-health/tobacco-harm/supporting_documents/Havering%20Tobacco%20Harm%20Reduction%20Needs%20Assessment%202024%20FINAL.pdf)

<sup>119</sup><https://fingertips.phe.org.uk/profile/tobacco-control/data#page/0/gid/1938132887/pat/6/par/E12000007/ati/402/are/E09000016/yr/1/cid/4/tbm/1/page-options/ine-ao-0 ine-yo-1:2023:-1:-1 ine-ct-59 ine-pt-0>

<sup>120</sup>[https://ashresources.shinyapps.io/ready\\_reckoner](https://ashresources.shinyapps.io/ready_reckoner)

<sup>121</sup><https://fingertips.phe.org.uk/profile/tobacco-control/data#page/1/gid/1938132887/pat/6/par/E12000007/ati/402/are/E09000016/yr/1/cid/4/tbm/1>

<sup>122</sup><https://fingertips.phe.org.uk/profile/tobacco-control/data#page/3/gid/1938132887/pat/6/par/E12000007/ati/402/are/E09000016/iid/93750/age/202/sex/4/cat/-1/ctp/-1/yr/3/cid/4/tbm/1/page-options/car-do-0>

<sup>123</sup>[https://ashresources.shinyapps.io/inequalities\\_dashboard/](https://ashresources.shinyapps.io/inequalities_dashboard/)

<sup>124</sup><https://www.keepbritaintidy.org/smoking-related-litter>

## Inequalities

- Smoking is major driver of persistent health inequalities with certain demographics groups in Havering more disproportionately affected by smoking than others. People in more disadvantaged areas are more likely to smoke and less likely to quit. This underscores the association between smoking prevalence and socioeconomic status and the need to tailor intervention according to different groups.
- In 2022, higher smoking rates were seen among Havering male residents (22.5%) compared to females (8.5%).
- In 2019/20, 69.7% of adults in Havering treated for substance misuse (all opiates) were smokers, higher than London average (68.2%) but lower than England average (70.2%). Over the same timeframe, 60% of adults in Havering admitted to treatment for alcohol and non-opiates were smokers. This was lower than both London (61.5%) and England (64.6%) averages.
- In 2014/15, smoking prevalence in adults with Serious Mental Illness (SMI) in Havering was 39.4%, higher than London (38.9%) and slightly lower than England (40.5%).
- In 2023, the proportion of smokers working in a routine or manual occupation in Havering was 14.4% compared to those in managerial/professional (11.4%) or intermediate professions (11.1). This figure was lower than London (15.2%) and England (19.5%) averages. However, there has been an increase from figures reported in 2021 (11.4%).
- Nationally, smoking rates in people living in social housing are double the average. 26% of the population of smokers in England live in social housing.<sup>125</sup> For Havering, 22.5% of adult smokers are living in social housing, a figure notably higher than the smoking rates among those who own a mortgage (14.3%) and those who own their homes (12%).<sup>126</sup>

## Vaping

According to the NHS, Nicotine vaping is substantially less harmful than smoking. Vaping exposes users to far fewer toxins and at lower levels than smoking cigarettes. Switching to vaping significantly reduces exposure to toxins that can cause cancer, lung disease, and diseases of the heart and circulation like heart attack and stroke. These diseases are not caused by nicotine, which is relatively harmless to health. Vaping is one of the most effective tools for quitting smoking.

Vaping is not completely harmless and is only recommended for adult smokers, to support quitting smoking and staying quit. Non-smokers and [young people under 18](#) should not take up vaping. In Great Britain, the number of vape users has significantly grown from around 800,000 in 2012 to 5.6 million in 2024, equating to 11% of the population, the highest rate ever.

The biggest concern nationally and locally currently is the growing trend among young people vaping. Whilst vaping is less harmful than smoking cigarettes and can help smokers to quit, vaping is becoming widespread, driven by concerted marketing to the young and widespread availability of disposable vapes though these types of vapes will be banned effectively in 2025 under new legislation.

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<sup>125</sup> [https://ashresources.shinyapps.io/inequalities\\_dashboard/](https://ashresources.shinyapps.io/inequalities_dashboard/)

<sup>126</sup> [https://fingertips.phe.org.uk/profile/tobacco-control/data#page/7/gid/1938132886/pat/6/par/E12000007/ati/402/are/E09000016/iid/92443/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/ine-yo-1:2022:-1:-1\\_ine-ct-137\\_ine-pt-0\\_ine-ao-0](https://fingertips.phe.org.uk/profile/tobacco-control/data#page/7/gid/1938132886/pat/6/par/E12000007/ati/402/are/E09000016/iid/92443/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/ine-yo-1:2022:-1:-1_ine-ct-137_ine-pt-0_ine-ao-0)

- A national survey of young people in 2024 show 18% of 11–17-year-olds tried vaping, with around 980,000 children exposed to vape promotion.
- A Havering Youth Wellbeing Census (2023) revealed that 12% of Havering pupils have experimented with vaping. Youth exposed to vaping are at risk of developing chronic respiratory issues like coughing, bronchitis and exacerbation of asthma, along with potential long-term cardiovascular consequences. Additionally, unintended ingestions of vaping liquids, especially among children are a concern, highlighting the importance of child-proof packaging. Furthermore, vaping can lead to nicotine dependence, which can adversely affect brain development, particularly in adolescents.
- Havering faces several challenges in reducing vapes use among young people due to widespread promotion and advertisements deliberately designed to appeal to young people with sweet flavours and colourful packaging. Additionally, there is limited capacity locally to tackle illicit and underage sale through robust enforcement measures.

### Service Gaps / Unmet Needs

Stop smoking support was previously very limited with the focus in Havering on pregnant women that smoke and the provision of a stop smoking helpline. As smoking has become a bigger priority nationally and subsequently locally, it was necessary to develop support services for the Havering residents that continue to smoke. New stop smoking services have now been established within the borough including a universal service and two specialist services focussing on some of our key high smoking prevalence groups such as those with serious or long term mental health conditions, men, people living in deprived parts of the borough, people in social housing, in routine and manual occupations, pregnant women and new parents, and people with substance addiction.

However, some of the targeted priority groups such as routine and manual workers or people with addiction, and other priority groups such as 'White Other' (Roma, Gypsy, Eastern Europeans) and young people need more research to understand how the services can meet their needs and how they can be reached most effectively through communication and engagement efforts.

Havering has recently commissioned research for smokers in routine and manual occupations to understand how we can meet their needs and tailor our promotions and services for them. It is important to continue to gather insights from priority groups.

### Recommendations

The tobacco harm reduction needs assessment outlined a set of recommendations to help drive forward the ambition for a smoke-free borough, as well as tackle vaping among young people<sup>127</sup>. The main recommendations include:

- System partners should expand service provision and ensure availability of the full range of cessation aids.
- Services should prioritise tailored support for groups with high smoking prevalence
- Services should improve data collection including ward-level data to facilitate targeted interventions

<sup>127</sup>[https://consultation.havering.gov.uk/public-health/tobacco-harm/supporting\\_documents/Havering%20Tobacco%20Harm%20Reduction%20Needs%20Assessment%202024%20FINAL.pdf](https://consultation.havering.gov.uk/public-health/tobacco-harm/supporting_documents/Havering%20Tobacco%20Harm%20Reduction%20Needs%20Assessment%202024%20FINAL.pdf)

- Public Health and partners should provide training for health and social care staff to improve knowledge and skills and referrals mechanisms into services, where appropriate.
- Service providers should ensure culturally and linguistically sensitive services that are accessible to those with learning disabilities and the homeless
- Public health and partners should continue to raise awareness of tobacco harm and local stop smoking services through campaigns that align with the national annual campaigns such as Stoptober, No Smoking Day, New Year
- Public health and partners should provide tailored information resources and support to families on dangers of second-hand smoke, especially in households with pregnant women and children.
- Public health and partners should collaborate with community organisations to better reach underrepresented groups.
- Public health should work with trading standards to address illegal vapes and cigarettes
- Public health should work with educational establishments and young people to raise awareness of the harms of smoking and vaping
- Public health and partners should conduct a separate needs assessment on vaping in Havering

### 4.6.3 Substance misuse

#### Introduction

Substance misuse is the abuse of alcohol, drugs and other substances that affect perception, consciousness, understanding, mood or emotion. Drug use increases crime, damages people's health, puts children and families at risk and reduces productivity. It affects everyone, with the most deprived areas facing the greatest burden. In London, offenders are less likely to have a drugs need than in other regions.<sup>128</sup> Nonetheless, London accounts for 24% of all recorded drug offences in England & Wales. 8% of boys & 10% of girls of secondary school age in London have taken drugs in the last year. Drug overdose patients were most likely to be aged 26-35, with 57% under 35. 38% of patients were female.

To increase the capacity in local drug treatment systems, the central government provides local public health directorates a Supplemental Substance Misuse Treatment and Recovery (SSMTR) grant for 3 years since 2022/23. In 2025/26, it will be replaced by Drugs and Alcohol Treatment and Recovery Improvement Grant (DATRIG) which also consolidates the Inpatient Detoxification (IPD) grant which Havering previously received, and two other housing grants which Havering did not and will not receive.

In Havering, Combating Drugs Partnership (Havering CDP), a multi-agency forum was fully formed in August 2022 to lead the local response to deliver the Government's 10-year drugs strategy and to monitor the progress based on the National Combating Drugs Outcomes Framework. The CDP in Havering works together to:

- break drug supply chains;
- deliver a world-class treatment and recovery system;
- achieve a generational shift in the demand for drugs; and
- reduce risk and harm to individuals, families and communities.

<sup>128</sup> MOPAC Evidence & Insight, 2024. A problem Profile of Drugs in London.



One major emerging and dangerous problem is synthetic opioids such as Illicit fentanyl and isotonitazene which are many times more potent than heroin, and are seen as an adulteration or contamination of heroin and other drugs, causing additional drug-related deaths in England. Havering CDP has produced a synthetic opioid preparedness plan and this synthetic opioids incident response (SOIR) protocol will link the preparedness plan to the Borough Resilient Forum.

However, there is one significant positive recent development in London. Project ADDER (Addiction, Diversion, Disruption, Enforcement and Recovery)<sup>129</sup> in London aims to support and steer people away from a life of substance misuse, focusing on prevention, education, and treatment in addition to enforcement. Long term objectives include removing the market of drug supply, reducing the demand on the MPS, Probation, Courts, health care and negating the devastating impact of drugs on London's communities.

## Findings

- Alcohol-related deaths among males have also been rising in the last three years. The latest data (OHID, 2023) showed that for every 100,000 deaths in Havering, 58 were related to alcohol. This death rate was similar to the London average (54 out of every 100,000 deaths).
- Deaths from drug misuse in Havering was 2.0 per 100,000 during the 2021-23 period which was lower than London average (3.8 per 100,000) and England (5.5 per 100,000).
- Number in Havering residents in treatment has increased from 528 in 2020/2021 to 1,093 in Q2 2024<sup>130</sup>. But this was supported by buying additional capacity with supplementary grant which will end in April 2025. In recent years, around 7 patients have received inpatient detoxification or residential rehabilitation.
- Local mental health provider, NELFT, and drug treatment provider, CGL, mutually provide outreach to meet the needs of Havering residents with co-existing mental health and substance misuse. In 2022/23, 81.4% of service users in CGL were also receiving treatment for their mental health, compared to 70.3% in London and 74.8% in England.
- Successful completion of alcohol treatment in 2023 was 36.8%, slightly better than London average (33.7%) and England average (34.2%). The rate for non-opiate was 32.9%, again slightly higher than London average (28.0%) and England (29.5%). Nonetheless, successful completion of opiate treatment in 2023 was 4.2% which was lower than both London (5.2%) and England (5.1%) averages<sup>131</sup>
- Cessation or change in cannabis use in young people in treatment in September 2024 was 38.0%, similar to London average (39.0%).<sup>134</sup>
- [Drug possession crime](#) rate in (Jan-Dec 2024) in Havering was 2.5 per 1,000 which was similar to London average (2.8 per 1,000). Drug trafficking crime rate in the same period was 1.4 per 1,000, which is lower than London average (1.3/ 1,000)<sup>132</sup>
- Local treatment provider, CGL, works with Probation and prison services (CSP) to improve Continuity of Treatment for those in contact with the Criminal Justice System, with a focus on drug use which drives crime and to reduce reoffending.

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<sup>129</sup><https://www.gov.uk/government/publications/project-adder/about-project-adder>

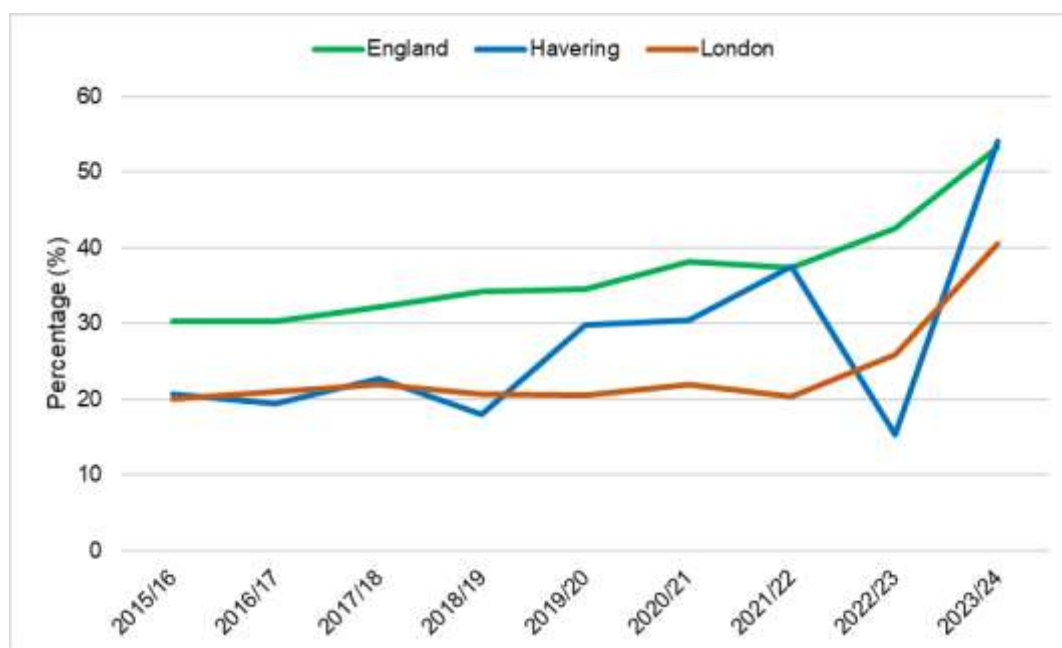
<sup>130</sup>CGL Havering, 2024

<sup>131</sup><https://www.ndtms.net/>

<sup>132</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/crimeinenglandanddwales/yearendingseptember2024/relateddata>

- Around half of Havering residents released from prison engage in community treatment (Figure 24). Reoffending rate among adults (20.7%, Oct 2021 to Sep 2022) was slightly lower than the London average (22.0%).

**Figure 24: Percentage of adults with substance misuse treatment need who successfully engage in community based structured treatment following release from prison, Havering, London and England, 2015/16 – 2023/24**



Source: OHID/ NDTMS, Produced by LBH PHI

Hospital admissions for substance misuse among adults aged 25+ between Aug 2023 and Jul 2024 was 29.1 per 100,000, which was higher than the London average (22.1 per 100,000).<sup>133</sup>

Overall the hospital admissions for alcohol related conditions (narrow) rate in Havering is similar to the England average trend. In 2022/23, Havering's rate was 334 per 100,000 population which was lower than the London (420/100,000) and England (475/100,000) averages.<sup>136</sup>

The need for better housing and employment support for people dependent on drugs and alcohol is a core part of the current 10-year national drugs strategy.<sup>134</sup> DWP and LBH Housing are supporting drug recovery through their work. 86.6% of drug treatment service users in Havering are in stable accommodation in Q2 2024, higher than London average (82.0%). 31.0% were in paid work higher London average (25.0%). DWP provides Individual Placement Support grant to improve employment opportunities to the service users of substance misuse and mental health. CGL is the lead provider for the IPS service for Havering, Redbridge and Barking & Dagenham from October 2024 and are using innovative methods to facilitate employment of service users of substance misuse service.<sup>136</sup>

<sup>133</sup><https://fingertips.phe.org.uk/profiles>

## Service Gaps / Unmet Needs

- Although the number in treatment has increased from 528 in 2020/2021 to 1,093 in Q2 2024, treatment capacity will not be able to match the underlying demand with available resources.
- Unmet need for opioid and crack use (OCU) in September 2024 was 64.2% which was lower than the London average (71.5%). Unmet need for alcohol treatment for the same period was 74.3% which was slightly lower than the London average (78.5%)<sup>135</sup>

## Recommendations

- With the support of the Planning and Community Safety Partnership (CSP), Combating Drugs Partnership (CDP) continues to implement project Adder, and other priorities to reduce substance misuse supply.
- The HWB members and the Integrated Care Partnership (ICP) to support the work of the members of CDP in establishing world class treatment and recovery system.
- Where resources cannot meet the demand, participation in drug and alcohol treatment should be prioritised at supporting those who are more socially deprived.

## 4.6.4 Sexual Health

### Introduction

Sexual and reproductive health covers a broad range of health matters, from sexually transmitted infections (STIs) and contraception to relationships and conception. Good sexual and reproductive health is a fundamental part of everyone's health and wellbeing. Poor sexual and reproductive health, including the experience of sexually transmitted infections, unwanted pregnancy or unhealthy relationships can have wide-ranging public health consequences, impacting not only individuals but families and society as a whole<sup>136</sup>.

Sexual and reproductive health issues impact different groups in society unequally. For example, some STIs cause more health problems in certain groups (young people, men that have sex with men, those of black ethnicities<sup>137</sup>), whilst some groups face greater barriers to accessing sexual and reproductive health services.

The North East London Sexual and Reproductive Health strategy (2024-29)<sup>138</sup> identifies a number of shared priorities:

- Priority 1: Healthy and fulfilling sexual relationships
- Priority 2: Good reproductive health across the life course
- Priority 3: High quality and innovative STI testing and treatment
- Priority 4: HIV - towards zero and living well with HIV

<sup>135</sup>LBH Drugs and Alcohol Dashboard

<sup>136</sup>[House of Commons Library \(2024\) Sexual and reproductive health statistics for England](#)

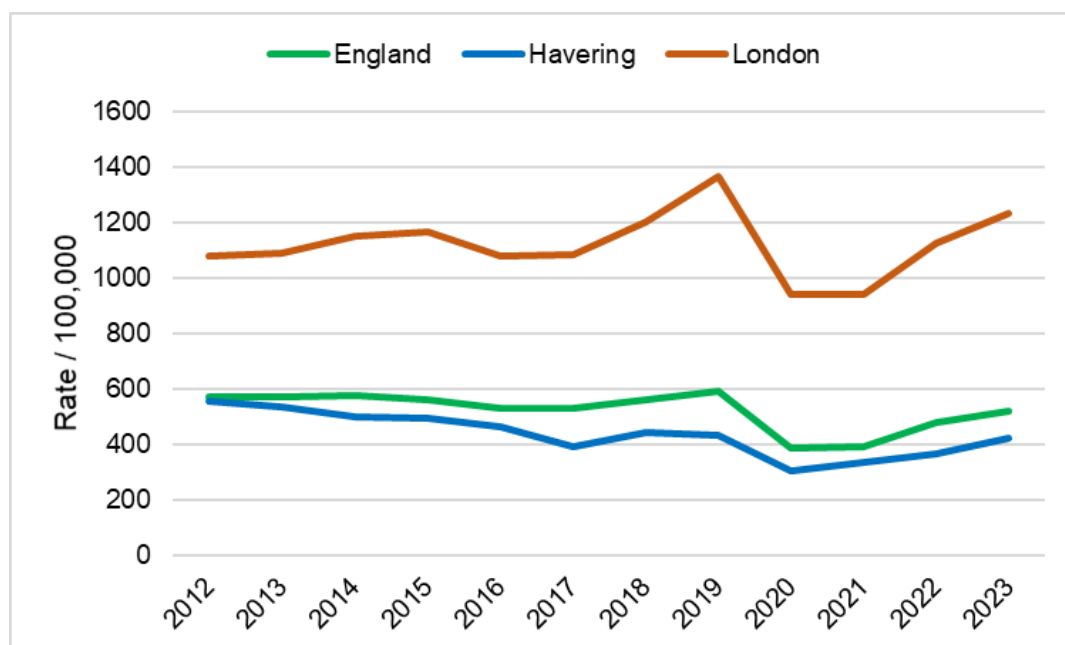
<sup>137</sup>[Health matters: preventing STIs - GOV.UK](#)

<sup>138</sup>[North East London Sexual and Reproductive Health Strategy\(2024-29\)](#)

## Findings

### *New sexually transmitted infection (STI) diagnoses*

**Figure 25: New STI diagnoses (excluding chlamydia cases amongst those aged under 25 years), Havering, London and England, 2012– 2023**



Source: OHID, Produced by LBH PHI

2023 in Havering 1,110 new STI diagnoses (excluding chlamydia diagnosed amongst under 25s), giving rate of 419 per 100,000. Havering continues to have STI diagnosis rate below the England rate (520 per 100,000) and well below the London rate (1,229 per 100,000). Following a marked drop in STI diagnoses in 2020 as a result of Covid-19 restrictions, there has been a gradual increase in diagnosis rates across Havering, London and England, with rates now having returned to close to pre-pandemic levels. It is important to note that STI diagnosis rates are reflective of both the level of infection in the population but also testing rates and patterns.

Nationally, STI diagnoses much more common in deprived areas. Some groups, including gay, bisexual and men that have sex with men (GBMSM), young people and those in inclusion health groups tend to face higher burden of STIs.

### ***Chlamydia detection rate per 100,000 15-24-year-olds***

Chlamydia is the most commonly diagnosed bacterial sexually transmitted infection in England, with rates substantially higher in young adults than any other age group. It causes avoidable sexual and reproductive ill-health, including symptomatic acute infections and complications such as pelvic inflammatory disease (PID), ectopic pregnancy and infertility<sup>139</sup>.

<sup>139</sup><https://fingertips.phe.org.uk/search/chlamydia#page/6/gid/1/pat/159/par/K02000001/ati/15/are/E92000001/iid/90776/age/156/sex/2/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

The chlamydia detection rate among under 25-year-olds is a measure of chlamydia control activity, aimed at interrupting transmission and preventing the associated negative health outcomes. An increased detection rate is indicative of increased control activity, rather than a measure of the level of infection or associated morbidity<sup>140</sup>.

Havering's chlamydia detection rate has consistently been below London and England averages. In 2023, 321 new chlamydia diagnoses were detected amongst Havering residents of ages 15-24 years, giving a detection rate of 1,123 per 100,000; significantly lower than detection rates of 1,739 per 100,000 across London and 1,546 per 100,000 across England. Despite a downward trend in previous years, in 2022/23 Havering also had higher rate of hospital admissions for PID compared to London and England, which to some extent may represent the impact of un-diagnosed and un-managed chlamydia and other STI infections.

### ***HIV diagnosed prevalence rate per 1,000 15-59-year-old***

Havering's HIV prevalence rate (the number of people living with diagnosed HIV) amongst 15-59 year olds in 2023 was 2.2 per 1,000 residents. This was lower than the rates for London (5.3 per 1,000) and England (2. per 1,000)<sup>141</sup>. A local authority HIV prevalence between 2 and 5 per 1,000 is considered high, with rates above 5 per 1,000 considered very high.

Havering's HIV prevalence rate has remained relatively stable since 2015, with the number of Havering residents accessing HIV care ranging from between 302 and 334 during this period<sup>142</sup>. This is reflected in the low number of new cases of HIV diagnosed each year amongst Havering residents ( $\leq 25$  cases per year since 2015), giving Havering one of the lowest HIV incidence rates in London in 2023<sup>143</sup>

The diagnosed HIV incidence gives an indication of levels of onward HIV transmission but will also be influenced by volumes and patterns of HIV testing.

The roll out of opt-out HIV testing in emergency departments in high prevalence areas since 2022 has contributed to the identification of previously undiagnosed cases of HIV that might otherwise have not sought testing through other routes, as well as enabling people who had previously disengaged from HIV treatment services to be brought back into care. The growth in HIV cases identified by this route may lead to increases in HIV incidence and prevalence at local, regional and national levels – this would be a positive outcome, on the basis that more people would be aware of their HIV status and could access the necessary treatment to achieve viral suppression and prevent onward transmission.

### ***Under 18 conception rate***

Teenage pregnancy is associated with poor outcomes for young women and their children. For mothers, there is a higher risk of poor educational attainment, social isolation and poorer mental and physical health, which will have implications for their lives as they move into

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<sup>140</sup><https://fingertips.phe.org.uk/search/chlamydia#page/6/gid/1/pat/159/par/K02000001/ati/15/are/E9200001/iid/90776/age/156/sex/2/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<sup>141</sup><https://fingertips.phe.org.uk/search/hiv#page/4/gid/1/pat/6/ati/502/are/E09000016/iid/90790/age/238/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<sup>142</sup><https://fingertips.phe.org.uk/search/hiv#page/4/gid/1/pat/6/ati/502/are/E09000016/iid/90790/age/238/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

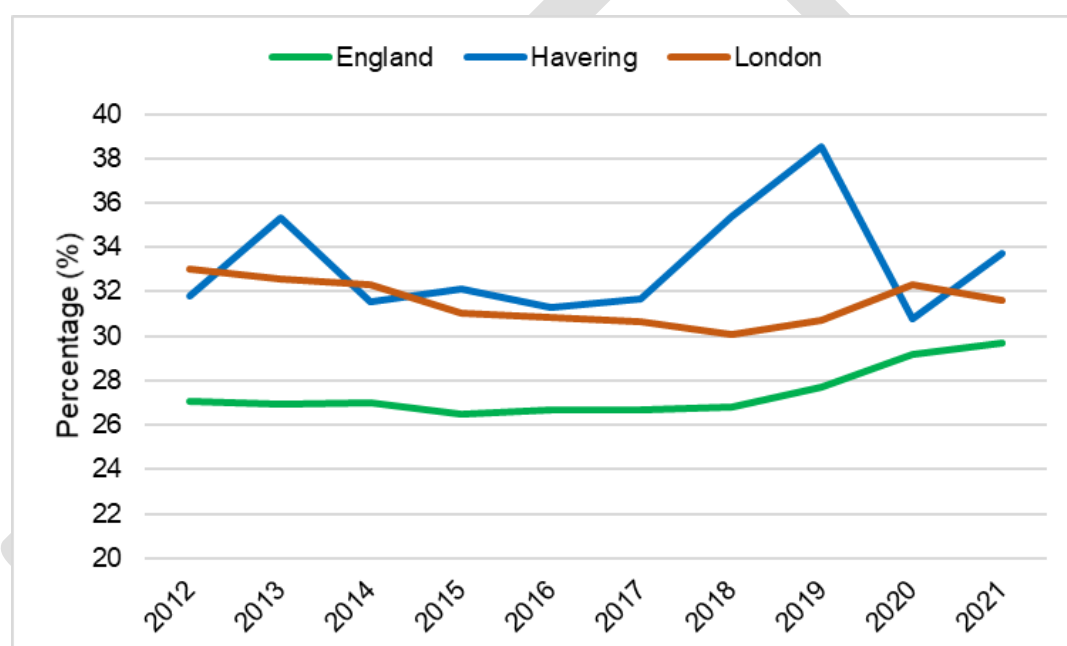
<sup>143</sup><https://fingertips.phe.org.uk/search/HIV#page/3/gid/1/pat/6/par/E12000007/ati/502/are/E09000016/iid/91818/age/1/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>



adulthood<sup>144</sup>. In 2021, there were 57 recorded conceptions<sup>145</sup> amongst females aged 15-17 years of age in Havering – this equates to 12.5 conceptions per 1,000 females aged 15-17 years, reflecting a continued downward trajectory in under 18 conceptions seen nationally, regionally and locally. Havering's under 18 conception rate was slightly higher than the rate for London (9.5 per 1,000) and lower than the rate for England (13.1 per 1,000), though rates were considered statistically similar. Of recorded conceptions amongst under 18s in 2021, 42 (73.7%) led to a legal abortion, with the remaining 15 conceptions resulting in either a live or still birth<sup>146</sup>.

### Under 25 repeated abortions

**Figure 26: Percentage of abortions in women aged under 25 years that involve a woman who has had a previous abortion in any year, Havering, London, England, 2012 – 2021**



Source: OHID, Produced by LBH PHI

In 2021, 134 women in Havering aged 15-24 years accessed an abortion, having had at least one prior abortion at any time. These 134 women represent 33.7% of all 15-24 year olds accessing an abortion during the year. This proportion was similar to the London figure (31.6%), and slightly higher than the England proportion (29.7%) though still considered statistically similar.

Together, a high proportion of under 18 conceptions resulting in termination and a high proportion of women under 25 accessing repeat abortion may be indicative of a lack of access to easily available and acceptable contraceptive methods for young people, contributing to unplanned pregnancies.

<sup>144</sup><https://stateofchildhealth.rcpch.ac.uk/evidence/health-behaviours/conceptions-in-young-people/>

<sup>145</sup>Recorded pregnancies that result in one or more live or still births, or a legal abortion.

<sup>146</sup><https://fingertips.phe.org.uk/search/abortion#page/4/qid/1/pat/6/ati/502/are/E09000016/iid/90731/age/173/sex/2/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

## Service Gaps / Unmet Needs

The bulk of the specialist integrated sexual health service provided by BHRUT is currently delivered at Barking Hospital, with a limited contraception service currently running from Queen's hospital once per week and limited contraception and sexual health services provided from Ilford Exchange twice per week. Geographical access for Havering residents is therefore likely to be more challenging than for residents in other boroughs, which is likely to be contributing to lower levels of service access and impacting on health outcomes.

There are also opportunities to strengthen the current provision of community-based sexual and reproductive health services, including expanded provision of long-acting reversible contraception (LARC) within primary care and emergency hormonal contraception (EHC) within pharmacies and a potentially enhanced offer from these venues. Work is also needed to explore opportunities to strengthen the local SRH offer for young people.

## Recommendations

- LBH, ICB, NHS and other partners to commit to delivery against actions outlined in the North East London Sexual and Reproductive Health Strategy, and accompanying local action plan.
- LBH to work with local partners to review existing community-based SRH provision to identify any opportunities to strengthen or diversify this offer.
- LBH to work with BHRUT integrated sexual health service to identify opportunities to improve service access for Havering residents, particularly young people and those from vulnerable populations.
- LBH and partners to improve visibility and awareness of full suite of SRH provision amongst residents.

## 4.6.5 Vaccination

### Introduction

Among healthy adults in the living well life course, only pregnant women are included in the NHS Vaccination Programme.<sup>147</sup>

Pregnant women are recommended to have two vaccines: influenza vaccine during flu season and a pertussis (whooping cough) vaccine between weeks 20 and 32 of pregnancy, to provide their infant with protection from birth. Infants under 3 months are at highest risk of severe disease and too young to be fully vaccinated.

Pertussis cases have recently risen across England, with 9 reported deaths in infants between January and June 2024. Infants are at high risk for severe morbidity and mortality from pertussis disease during early infancy. Vaccination against pertussis in pregnancy has emerged as the ideal strategy to protect infants during these early, vulnerable, first months of life.<sup>148</sup>

<sup>147</sup> <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

<sup>148</sup> <https://www.gov.uk/government/publications/vaccination-against-pertussis-whooping-cough-for-pregnant-women/pertussis-whooping-cough-vaccination-programme-for-pregnant-women>

When pre- conditions exist, such as diabetes, vaccinations can prevent against illnesses that can be very serious. GP's have a responsibility to provide flu vaccinations to those 'at-risk' with the following underlying conditions<sup>149</sup>:

- a serious heart or chest complaint, including asthma and COPD
- serious kidney disease
- diabetes
- lowered immunity due to disease or treatment such as steroid medication or cancer treatment
- if you have ever had a stroke

## Findings

Prenatal pertussis vaccine coverage has fallen across England in recent years, and was 58.9% in March 2024. Coverage in London is markedly lower than in other regions, and monthly coverage in NEL ICB is lower (34.5%) than for London as a whole (40.9%), for March 2024. Havering's prenatal Pertussis vaccine uptake in 2023/24 was low at 32.2%.<sup>150</sup>

Flu vaccine coverage among pregnant women has also fallen, from 45.2% in 2018/19 to 35% in 2022/23, across England. The flu vaccine uptake among pregnant women in Havering overall was 24.2% with 33.1% among pregnant women in a high clinical risk group.<sup>153</sup>

Havering's flu vaccine coverage of at risk individuals in 2023/24 was 37.1% which was lower than England average (41.4%).<sup>151</sup>

## Service Gaps / Unmet Needs

Vaccination data for pregnant women could be an underestimate as the data recording onto electronic patient records is known to be incomplete and NHS England are working to improve data collection.

## Recommendation

NHSE, ICB and Primary care work together to increase vaccine coverage within primary care, secondary care and maternity services, and reduce health inequalities related to vaccination uptake.

<sup>149</sup>This list is subject to change with time. Please check on NHS website.

<sup>150</sup>[https://assets.publishing.service.gov.uk/media/5a7f757bed915d74e33f68fd/PrenatalPertussis\\_annual\\_vaccine\\_coverage\\_estimates\\_CCG\\_2.xlsx](https://assets.publishing.service.gov.uk/media/5a7f757bed915d74e33f68fd/PrenatalPertussis_annual_vaccine_coverage_estimates_CCG_2.xlsx)

<sup>151</sup><https://fingertips.phe.org.uk/profiles>

## 4.6.6 Cancer Screening

### Introduction

NHS cancer screening programmes can help to diagnose cancer or risk of cancer earlier and improve the likelihood of successful treatment. There are three national cancer screening programmes in England.

- Cervical screening
- Breast screening
- Bowel screening.

In Havering, cancers are the number one cause of difference in life expectancy due to inequality among women. Both breast cancer screening and cervical cancer screening programmes detect a third of respective cancers among women.<sup>152</sup>

Cancer screening programmes achieve better coverage in Havering than elsewhere in NEL ICB areas. Despite this, bowel screening detects only 10-15% of colorectal cancer as in other areas. NHS England and National Screening Committee have reflected on the yield from bowel screening and are currently working on improving access to FIT testing for older age groups with symptoms and lowering the diagnostic threshold of FIT testing across England.

Breast screening occurs every 3 years for women aged 50-70 years. Target coverage is 70%. NHS is currently undertaking a trial on women of ages 47-73 years. Cervical screening for women aged 25-49 is done every 3 years and for those aged 50-64 every 5 years. The national target coverage is 80%.

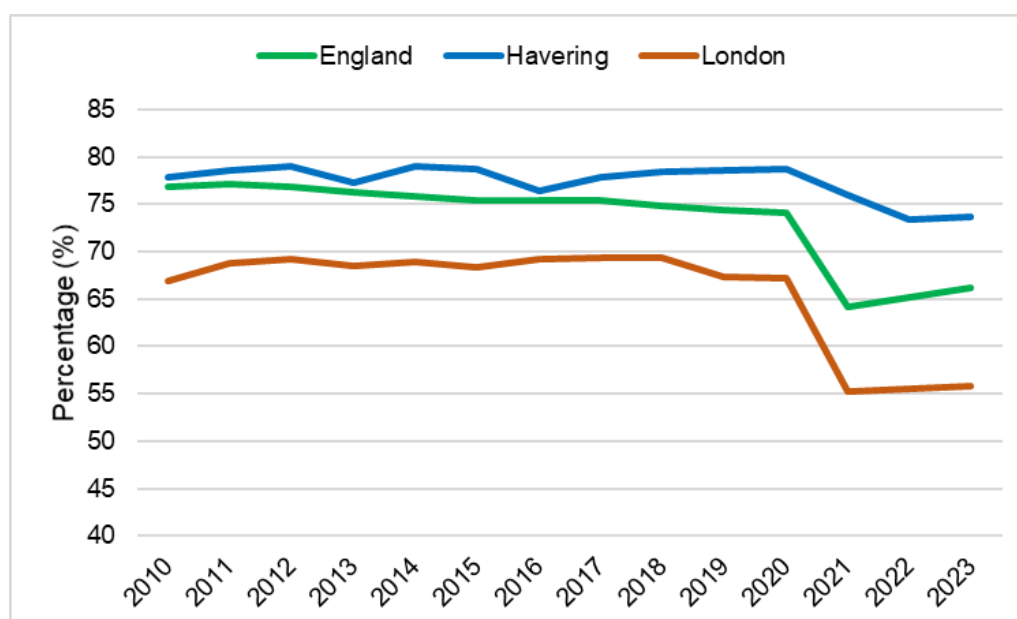
### Findings

Havering's coverage for breast cancer in 2023 was 73.7% (21,092 women). There has been a drop in the coverage since the pandemic but the coverage is now on an upward trend (Figure 27).

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<sup>152</sup> <https://digital.nhs.uk/ndrs>

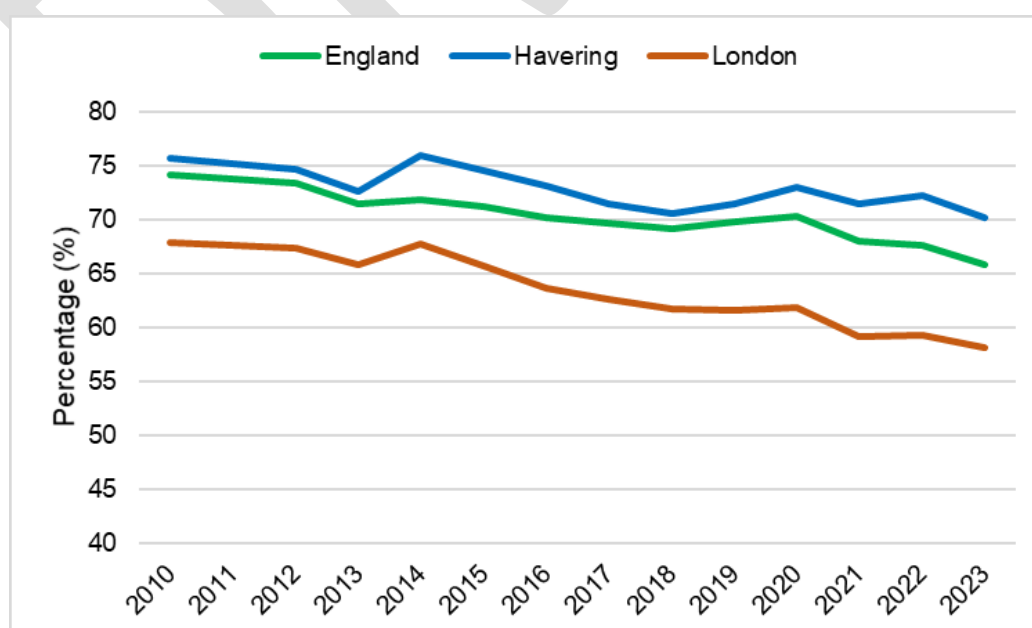
**Figure 27: Breast cancer screening coverage, Havering, London, England, 2010 – 2023**



Source: OHID, Produced by LBH PHI

Cervical screening coverage for women aged 25 to 49 year-olds in Havering was one of the highest in London in 2023 with 70.2% coverage (35,369 women in 3 years) but it is slowly dropping (Figure 28). Nonetheless, thanks to the HPV vaccination, the new diagnosis of cervical cancer has been dropping to under publishable numbers.

**Figure 28: Coverage of cervical cancer screening (25-49 year olds, round length 3 years), Havering, London, England, 2010 – 2023**

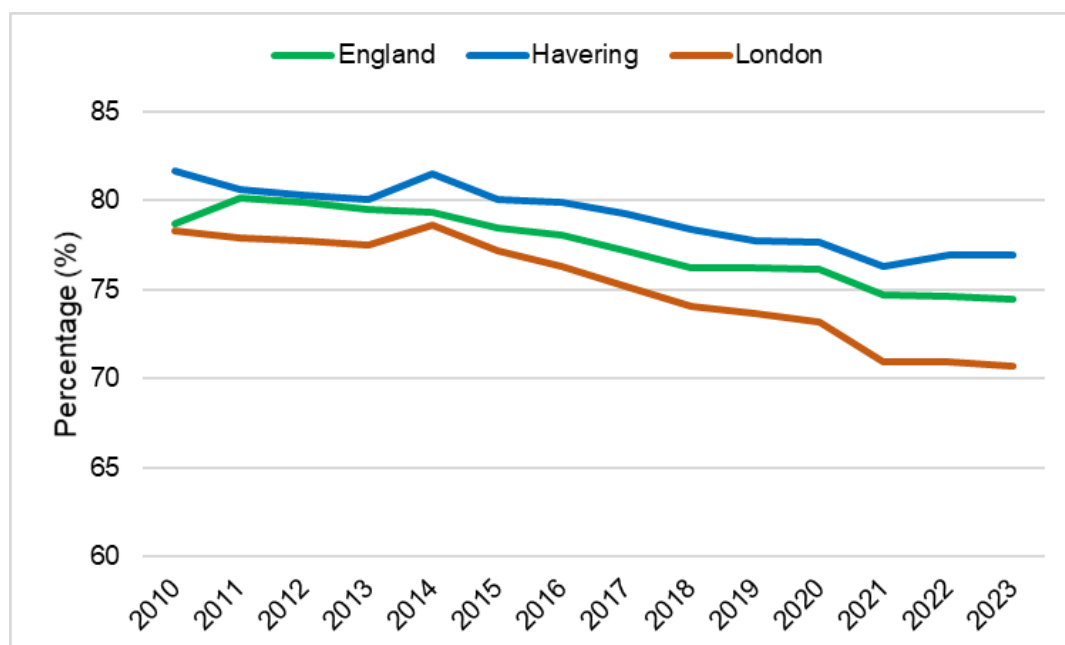


Source: OHID, Produced by LBH PHI



Cervical screening coverage for women aged 50 to 64 year-old women in Havering was the highest in London in 2023 with 76.9% coverage (18,876 women in 5 years) but it is also slowly dropping (Figure 29).

**Figure 29: Cervical screening coverage for women aged 50 to 64, Havering, London, England, 2010 – 2023**



Source: OHID, Produced by LBH PHI

### Service Gaps / Unmet Needs

Bowel cancer screening detects up to 15% of bowel cancers<sup>153</sup> thus patient presentation to the GPs and subsequent GP referrals are crucial in early diagnosis and treatment of bowel cancers.

### Recommendation

NHS England, NELCA and Havering GPs continue to improve cancer screening coverage and reduce health inequalities by improving access for those with Severe Mental Illness (SMI) and Learning Disability.

<sup>153</sup><https://www.nboca.org.uk/wp-content/uploads/2024/02/NBOCA-SotN.pdf>

## 4.6.7 Health Screening

### Introduction

Health screening<sup>154</sup> is a way of finding out if people have a higher chance of having a health problem, so that early treatment can be offered or information given to help them make informed decisions.

- Screening can detect a problem early, before you have any symptoms.
- Finding out about a problem early can mean that treatment is more effective.
- Finding out you have a health problem or an increased chance of a health problem can help people make better informed decisions about their health.
- Screening can reduce the chance of developing a condition or its complications.
- Some deaths from abdominal aortic aneurysms, bowel cancer, breast cancer and cervical cancer can be prevented.

17,141 people are recorded as having diabetes in Havering in 2022/23. People living with diabetes are at risk of sight loss and blindness, and in 2022/23, 5 patients were recorded to have lost their eye sight due to diabetes. Annual diabetic eye screening (DES) is recommended for everyone with diabetes aged 12 and over, to identify the risk of sight loss from diabetes.<sup>155</sup>

Abdominal aortic aneurysm or AAA (triple A) is a bulge or swelling in the aorta which is the main blood vessel that runs from the heart to the abdomen. If AAA is left to get bigger, it could burst and cause life-threatening internal bleeding. Abdominal aortic aneurysm (AAA) screening aims to reduce AAA related mortality among men aged 65 to 74.<sup>156</sup>

The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions, will be invited (once every five years) to have a check to assess their risk of heart disease, stroke, kidney disease and diabetes and will be given support and advice to help them reduce or manage that risk. Public Health England estimated that for every 6 to 10 NHS Health Checks completed, one person is identified as being at high risk of CVD. Health checks also provide an opportunity to encourage people to tackle lifestyle related risk factors before they cause ill health and connect them with sources of support that might assist them to achieve change. A high take up of NHS Health Check among those with higher risk backgrounds is important to identify early signs of poor health leading to opportunities for early interventions.<sup>157</sup>

### Findings

Diabetic eye screening (DES) uptake in 2022/23 in NEL ICB was 74.6% which was lower than London (78.3%) and England (79.1%) averages. DES attendance was lower among the under 40s population in London, North East London and England. In terms of ethnicity, uptake among Pakistanis, any other White group and not stated are slightly lower than other groups.<sup>158</sup>

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<sup>154</sup><https://www.nhs.uk/conditions/nhs-screening/>

<sup>155</sup><https://www.nhs.uk/conditions/diabetic-eye-screening/>

<sup>156</sup><https://phescreening.blog.gov.uk/2017/01/20/abdominal-aortic-aneurysm-screening-across-the-uk/>

<sup>157</sup><https://fingertips.phe.org.uk/profile/nhs-health-check-detailed>

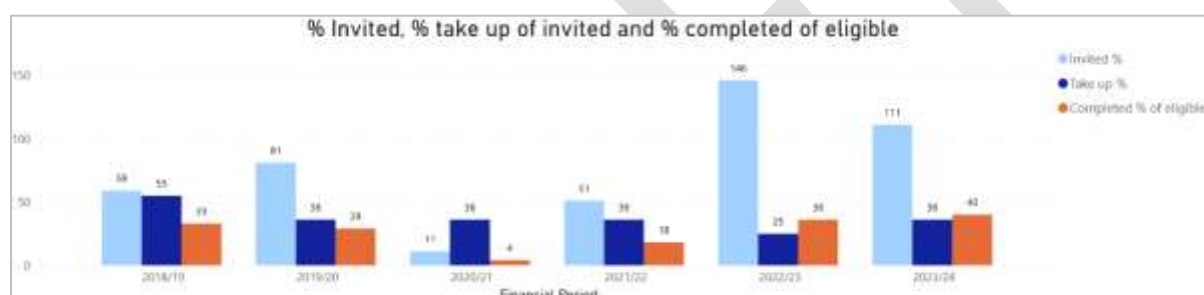
<sup>158</sup><https://www.england.nhs.uk/london/>

Abdominal Aortic Aneurysm Screening Coverage among men aged 65-74 years in Havering in 2022/23 was 85.6% (1,178 patients) which was better than both London (75.1%) and England (78.3%) averages.

NHS Healthcheck performance has increased to above pre-pandemic levels as most local GPs are supporting NHS Health check as a part of prevention. In 2023/24, 40% of the eligible persons completed NHS Healthcheck. Since local GPs invite more than the eligible number for the year, the uptake percentage was artificially lower than the completion rate (Figure 30).

In Q1 2023/24, 211 residents with 10% risk of a heart disease and stroke in 10 years and above of whom 33 with above 20% risk; 161 new hypertension and 294 obesity cases were identified and given advice and treatment as required. According to local Havering data, men and "other" ethnic groups were the groups with low conversion (attendance after invitation) rate.

**Figure 30: NHS Healthcheck invitation and completion against the eligible population by quarter. 2018/19 to 2023/24.**



Source: Havering NHS Healthcheck Dashboard.

### Service Gaps / Unmet Needs

Marshall PCN has the lowest completion rate of NHS Healthcheck and public health are working with the practices to understand and tackle related challenges.

### Recommendations

- To facilitate the Diabetic Eye Screening (DES) uptake by working age group, weekend appointment capacity should be increased. Other improvement plans underway include a web-based booking system, additional methods of result communication and contacting serial non-attenders.
- NHS HC should be linked with other preventive programmes such as NHS Diabetes Prevention Programme, Stop Smoking Services and weight management so that the impact of the programme will be higher.
- Targeted promotion of men and practices not delivering NHS Healthcheck is recommended.

## 4.7 Integrated Health & Social Care

### Key Findings

- A very high percentage and number of the cancers of the lung, colon and rectum were diagnosed at late stages (3 and 4) in 2019-21. A high percentage of the cancers of oesophagus, pancreas, stomach and oral cavity were also diagnosed at late stages.
- Havering's Mortality rate from all cancers (241/100,000) in 2023 was higher than the London average (226/100,000) but lower than the England average (247/100,000).
- Mortality rate from prostate (49.2/100,000), oesophageal (11.2/100,000), and bladder (9.1/100,000) cancers in Havering were higher than London averages (prostate 40.3, oesophageal 8.1, bladder 7) during the 2021-23 period.
- Under 75 mortality rate from all cancers (116/100,000) in Havering during the 2021-23 period was higher than London average (110 /100,000) but lower than England average (122/100,000). Under 75 mortality rate for colorectal cancer in Havering over the same period (12.1/100,000) was higher than both London (10.5/100,000) and England (11.9/100,000) averages.
- 7.9% of Havering residents (17,141 residents) were recorded to have diabetes in 2022/23. It is estimated that 5,265 residents could be having diabetes without knowing it.
- Around 14,000 Havering residents currently do not know they have hypertension and therefore cannot seek help to stop the consequences.
- Atrial fibrillation detection and management has led to reduction in stroke admissions. Despite the high proportion of older population, [hospital admissions from stroke](#) in Havering in 2022/23 was 121 per 100,000 (300 in number from 365 in 2019/20) which was lower than the England average (168/100,000)
- Hospital admissions from uncontrolled long-term conditions (LTC) overall in Havering was similar to the England average but previously it has been better than England average.
- Results from Long-COVID surveys carried out by Healthwatch Havering, working with Public Health Havering, NELFT, Havering North PCN and others, show that there is a need for support for those affected by Long COVID.
- In 2023/24, the number of adults who were registered to a GP practice in Havering and had depression or anxiety disorder was 17% (49,665).
- According to GP records, 0.8% of the Havering adult population (2,073) have severe mental illness.
- In 2023/24 only 60.2% of pregnant women in Havering received their antenatal booking appointment within the first 10 weeks of pregnancy.
- Pregnant women in Havering had a higher rate of access to specialist perinatal mental health services between 2020/21 - 2022/23 (101 per 1,000 pregnant women) than the London (74.4 per 1,000) and England (77.8 per 1,000) averages.
- During 2023/2024, around a quarter of pregnant women in Havering were found to be obese or severely obese at 15 weeks gestation, with around a further third recorded as overweight.
- In 2022/23, the rate of hospital admissions from Ambulatory Care Sensitive Conditions (ACSCs) in Havering (89.9/100,000) was similar to the England average (91.9), but previously it was better than the England average.
- In 2023/24, 1,368 Havering residents aged 18-64 received support from the Havering Adult Social Care. 733 were male and 635 were female. Altogether they received 2,043 care packages. Both the demand and complexity has been rising.
- As of April 2024, 30 residents in mental health residential or nursing placements and 136 residents were under residential or nursing learning disability placements.

- More than 320 clients with LD or MH were in direct payment, around 250 were receiving supported living and 84 were receiving Homecare placement.
- Average residential home placement cost has risen by +£167 per week as compared to 2022-23, and supported living by +£200 per week (due to the higher complexity of need and other factors).
- In 2023/24, 4,483 residents aged 65+ were receiving support from Havering Adult Social Care. 1,504 were male and 2,979 were female. Altogether they received 6,655 care packages.
- In 2021/22, 282 residents aged 65+ were admitted permanently to residential or nursing care homes. This was the third highest number in London and equivalent to a rate of 606 per 100,000 permanent admissions to care homes which is significantly higher than the average rates for London (401/100,000) and England (539/100,000).
- Among Havering residents aged 65 years and over who needed a placement (3,160), most were in homecare placements (1,697), which has the lowest cost per placement (£20,171 per annum) but the highest percentage increase in per unit cost.
- Supported living has the highest average annual placement cost (£65,410 per annum) closely followed by nursing placement (£61,352) and residential care (£53,409). The increase in the number of users is highest with supported living and residential care. The intensity of need has become higher as the cost on 1:1 services more than tripled in 3 years (£2.52M in 2021 to £8.23M in 2023/24).

## Recommendations

- NEL Cancer Alliance and Havering partners should work towards improving early diagnosis through better screening coverage, raising awareness of cancers with highest numbers of late diagnosis among the residents (lung, colorectal, upper GI, prostate), working with GPs to review opportunities for early detection, appropriate referrals, and strengthening diagnostic capacity including the use of the RDC (rapid diagnostic clinic) and targeted lung health check.
- Long-term Conditions group should strengthen the community infrastructure and awareness to improve the detection of hypertension, obesity, atrial fibrillation and prediabetes and to use transformation and innovation (which includes digital health/medical technologies) to speed up diagnosis and management of LTCs.
- Long-term Conditions group should review and improve where necessary the current approach to the delivery and monitoring of long-term conditions (e.g., diabetes, long-covid) to ensure access to effective care, self-management and peer support.
- Havering Community Mental Health Board should support individuals with mental health conditions to live, fulfilling, meaningful and healthy lives, and ensure equitable access to mental health services, and doing so in a timely manner to prevent deterioration of mental health to crisis presentations
- Partnership to commit to delivering against a place-based maternal and neonatal action plan, seeking to maximise impact through collaborative action.
- Planned care Group should support implementation of plans developed by the BHR Planned Care Transformation Board to reduce waiting times for planned care.
- The ICB UEC Group should enable same day access to urgent care in the community whenever possible, and, if a visit the Emergency Department is needed, to provide a positive experience
- Population health management (PHM) approach should be used to identify the avoidable risk factors for learning disability and other care packages; and to recommend most effective mental health and physical support interventions, including the use of technology for better and efficient care.



## 4.7.1 Cancers

### Introduction

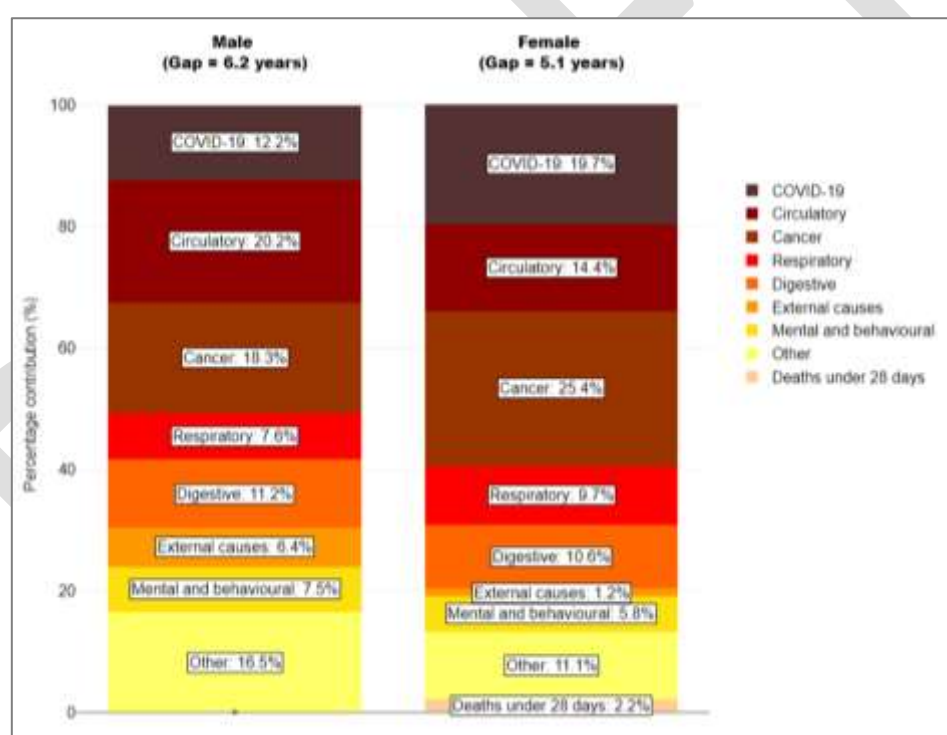
A person's risk of developing cancer depends on many factors, including age, genetics, and exposure to risk factors. Around 4 in 10 UK cancer cases every year could be prevented, that's more than 135,000 every year. Smoking accounts for 15% of all cancer cases.

In England, 45% of patients diagnosed with cancer have surgery to remove the tumour as part of their primary cancer treatment. 27% of patients have radiotherapy, and 28% have chemotherapy (CRUK).

### Findings

In Havering, cancer is the second cause of life expectancy gap between the most and least deprived for men and first cause of the gap for women (Figure 31).

**Figure 31: Breakdown of the life expectancy gap between the most and least deprived quintiles in Havering by cause of death, 2020 – 2021.**



Source: OHID & Department of Levelling Up, Housing and Communities.

### Prevalence & Incidence

- 22% of people with cancer (10,637 in number out of 46,580) in NEL live in Havering.
- All Havering PCNs have a significantly higher prevalence of cancer than NEL average.
- The high prevalence may be due to higher proportion of older people, past smoking or second-hand smoking, alcohol use and emerging obesity.

- In 2021/22, 21% of new cancer cases (1,616) in NEL Cancer Alliance areas were from Havering. The crude incidence rates of cancer in all four PCNs in Havering were higher than the NEL average.

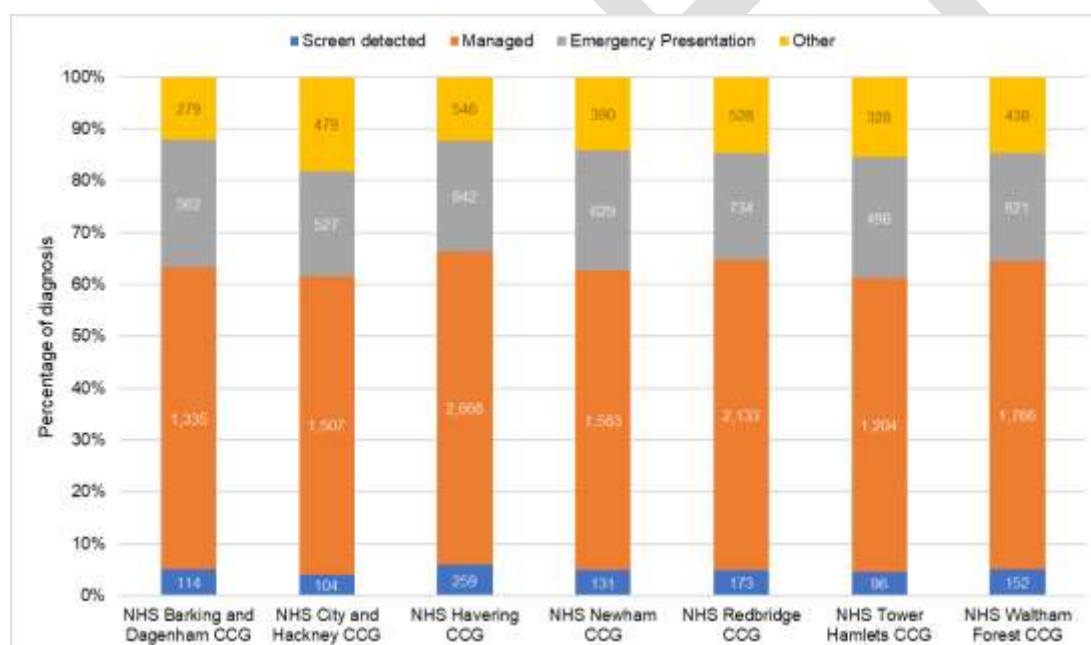
### Diagnosis

In 2017 (latest data available) Havering had a slightly higher proportion of diagnosis at emergency presentation (21%) than England average (18%). Nonetheless within the ICB, the crude rate of cancers diagnosed via a non-emergency admission route in Havering PCNs are the highest in the ICB.<sup>159</sup>

### Route to diagnosis

Both the number (259) and proportion of cancers diagnosed through screening in Havering (6%) are the highest in NEL (2017, latest data for this breakdown). 61% (2,668) of new cancer diagnoses were from GP referrals and 942 (21%) were diagnosed through emergency admissions (Figure 32).

**Figure 32: Route to diagnosis by legacy CCGs in North East London, 2017**



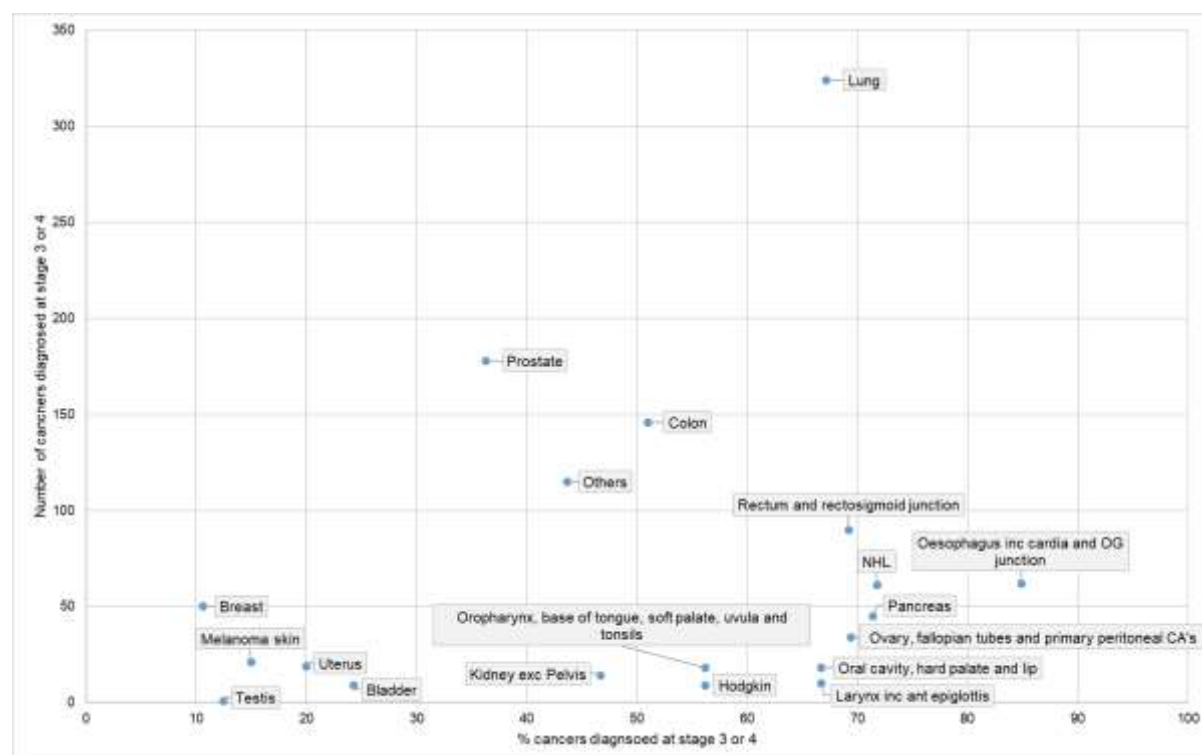
Source: NDRS Online.

### Late diagnosis: Number and Percentage of cancers detected at stages 3 and 4

In 2019-21, a very high percentage and number of the cancers of the lung, colon and rectum in Havering were diagnosed at late stages (3 and 4). A high percentage of the cancers of the oesophagus, pancreas, stomach and oral cavity were also diagnosed at late stages (Figure 33).

<sup>159</sup> NDRS Online

**Figure 33: Cancers diagnosed at Stages 3 and 4 by number (Y axis) against percentage (X axis), Havering, 2019-21**



Source: NDRS, 2019-21.

### ***Mortality and Premature mortality from common cancers<sup>160</sup>***

- Havering's mortality rate from all cancers (241/100,000) in 2023 was higher than the London average (226/100,000) but lower than England average (247/100,000).
- Havering's mortality rate from lung cancer (40.5/100,000) was lower than the London (41.8/100,000) and England (47.5/100,000) averages in 2021-23, a drop from 47.8/100,000 in 2020-22.
- Havering's mortality rates from prostate (49.2/100,000), oesophageal (11.2/100,000), and bladder (9.1/100,000) cancers were higher than London averages (prostate 40.3, oesophageal 8.1, bladder 7) in 2021-23.
- Havering's under 75 mortality rate from all cancers (116.1/100,000) in 2021-23 was higher than London average (110/100,000) but lower than England average (122/100,000).
- Under 75 mortality rate for colorectal cancer in Havering over the same period (12.1/100,000) was higher than both London (10.5/100,000) and England (11.9/100,000) averages.

### ***Excess premature deaths due to cancers in adults with SMI***

Havering's excess under 75 mortality rate due to cancer in adults with severe mental illness (SMI) in 2021-23 (165%) was higher than both London (154%) and England (130%) averages.

<sup>160</sup> <https://fingertips.phe.org.uk/profiles>

## Service Gaps / Unmet Needs

For lung cancer and bowel cancer to be diagnosed early and for improved survival, thoracic surgical and endoscopy capacities need to be significantly increased from current levels.

## Recommendations

- LBH and partners should continue with prevention interventions such as smoking cessation and dietary awareness.
- Data on the stages at diagnosis for cancers in Havering should be utilised to prioritise cancer awareness survey and campaigns (lung, rectum, upper GI, pancreas, NHL). A local focus group study on the public and professional knowledge and behaviour towards the above cancers is highly recommended.
- NHS England, NEL Cancer Alliance and Havering GPs should continue to improve cancer screening coverage and if possible, beyond target for bowel cancer.
- Work to develop tailored communication, building on our local Place based Partnership approach to target these communities to improve screening uptake.
- Diagnostic capacity, endoscopy capacity, thoracic surgery capacity should be increased substantially and endoscopy threshold should be revised.
- NEL cancer alliance (NELCA) and partners should continuously improve 62-day standard for Havering residents.
- NELCA should obtain and review local survival data and work towards improving survival rates where they are lower than the European standard.

## 4.7.2 Long Term Conditions

### Introduction

Long-term conditions (LTC), also known as chronic conditions, are those health conditions that require ongoing treatment or management over a period of years or decades. They may not be able to be cured or reversed but can be controlled with the use of medication and therapies.<sup>161</sup> Many LTCs may cause few symptoms initially, whilst increasing the risk of serious acute events long-term, such as heart attack or stroke, which can lead to premature death or long-term disability. This may mean that people are less likely to seek help at an early stage of their condition and LTCs may remain undiagnosed and unmanaged. Moreover, of those that do have a diagnosis, many do not receive all the treatments that would benefit them.<sup>162</sup> Many LTCs are associated with lifestyle related risk factors such as unhealthy diet, smoking and low levels of physical activity. Some LTCs are also linked to environmental exposures e.g. the risk of chronic obstructive pulmonary disease (COPD) and asthma are increased by regular exposure to poor air quality. The prevalence of lifestyle and environmental risk factors tend to be higher in disadvantaged communities and are the immediate cause of significant inequalities evident regarding many LTCs.

Secondary prevention aims to reduce or reverse the negative impacts of LTCs. The effects of many LTCs, such as diabetes, may be reversed or prevented through effective secondary

<sup>161</sup><https://www.england.nhs.uk/wp-content/uploads/2014/09/ltc-infographic.pdf>

<sup>162</sup><https://www.patients-association.org.uk/long-term-conditions>

prevention and also could lead to substantial improvements in quality of life.<sup>163</sup> Tertiary prevention for LTCs refers to efforts to reduce the negative impacts on health and quality of life for those with LTCs and prevent further complications. This is particularly challenging as individuals may have more than one LTCs affecting their lives.<sup>164</sup>

More than one in four adults nationally live with two or more LTCs (Multiple Long Term Conditions)<sup>165</sup> Persistent symptoms following a clearance of COVID-19 infection is commonly termed as 'long COVID' but has also been referred to as 'ongoing symptomatic COVID-19' and 'post-COVID-19 syndrome'. It is estimated that approximately 11% of patients with long COVID will need specialist assessment and management for specific long-term complications and therefore can be considered as a long-term condition.<sup>166</sup>

## Findings

- Hospital admissions from uncontrolled LTC overall in Havering was similar to the England average but previously it has been better than England average. e.g., Hospital admissions rate for diabetes in 2023 was 218 per 100,000. The number of admissions (577) was an increase from 385 in 2020.<sup>167</sup>

\*All data reported below were sourced from [OHID](#) & NHS England<sup>168</sup>

- Atrial fibrillation detection and management has led to reduction in stroke admissions. Although Havering has older population who are at much higher risk, the rate of hospital admissions from stroke in Havering in 2022/23 was 121 per 100,000 (300 in number, a reduction from 365 in 2019/20) which was lower than the England average (168 /100,000).
- 2.4% of Havering residents (6,414 in number) were recorded to have coronary heart disease in 2022/23.
- Havering's hospital admissions for myocardial infarction in 2023 was 207 per 100,000. The number of admissions has been increasing (548 in 2023 from 469 in 2019).
- Havering's prevalence of heart failure was 0.8 per 100,000 (2,062 residents) in 2022/23
- Havering's under-75 mortality rate from circulatory diseases (72.2/100,000) in 2022 was slightly lower than the London (75.0/100,000) and England (77.8/100,000) averages.
- In 2022/23, 14.4% of the population (39,211 residents) in Havering was recorded to have hypertension.
- Around 14,000 Havering residents currently do not know they have hypertension and therefore cannot stop the consequences.
- Havering's rate of deaths involving hypertension was 197 per 100,000 in 2022/23, which was similar to London average (199 /100,000) but higher than the England average (141/100,000)
- In 2022/23, 7.9% of Havering residents (17,141 residents) were reported to have diabetes.
- In 2022/23, it was estimated that 5,265 Havering residents could be having diabetes without knowing it.
- In 2022/23, 1.6% of Havering patients (4,402) were reported to have COPD, higher than the London average (1.0%) but lower than England average (1.8).

<sup>163</sup> <https://www.local.gov.uk/our-support/our-improvement-offer/care-and-health-improvement/integration-and-better-care-fund/better-care-fund/integration-resource-library/prevention>

<sup>164</sup> <https://www.local.gov.uk/our-support/our-improvement-offer/care-and-health-improvement/integration-and-better-care-fund/better-care-fund/integration-resource-library/prevention>

<sup>165</sup> <https://evidence.nihr.ac.uk/collection/making-sense-of-the-evidence-multiple-long-term-conditions-multimorbidity/>

<sup>166</sup> <https://committees.parliament.uk/writtenevidence/12345/pdf/>

<sup>167</sup> <https://www.local.gov.uk/our-support/research-and-data/lq-inform-data-benchmarking>

<sup>168</sup> <https://fingertips.phe.org.uk/profiles>



- Over the 2020-22 period, Havering's death rate from COPD was 45 per 100,000 populations which was higher than the London average (39/100,000) but similar to England average (43/100,000)
- Havering's Under 75 mortality rate from respiratory diseases (34.5/100,000) in 2022 was higher than the London (26.1/100,000) and England (30.7/100,000) averages.

### Service Gaps / Unmet Needs

Results from Long-COVID surveys carried out by Havering Healthwatch, working with Public Health, NELFT, Havering North PCN and others, show that there is a need for support for those affected by Long COVID. Patients can be referred to the NELFT Long COVID clinic where clinical indicators suggest that is needed but the opportunity for setting up Peer Support Groups is still being explored.

### Recommendations

- Due to the strong link between modifiable lifestyle factors (such as alcohol, smoking and obesity) and long-term conditions; effective, culturally sensitive primary prevention which reflects the distribution of risk factors within the community can reduce the overall burden of long-term conditions and narrow health inequalities.
- Havering Place-based Partnership (PbP) should continue to implement health inequalities programmes linked to Core20plus5.
- LTC group and PbP to improve the Community infrastructure for the detection of hypertension, obesity, atrial fibrillation and prediabetes should be strengthened.
- LTC group to use transformation and innovation (which includes digital health/medical technologies) to speed up diagnosis and management of LTCs.
- NHS Diabetes Programme, NHS Health check programme, weight management, National diabetes prevention programme (DPP), diabetes remission programme and community stop smoking service should work closely to support those with highest need.
- Due to the high volume of need around hypertension management, primary care should be supported by new model of care e.g., support of clinical pharmacists.
- The ICS should review and amend where necessary the current approach to the delivery and monitoring of diabetes care (including 8 care processes) to ensure that all effective care is consistently provided.
- ICB and partners should continue the momentum in the improvement of the management of heart disease and cardiac rehabilitation.
- Services in primary care (e.g., DS, LES and VCS) should be mapped and made known for professionals and patients using JoyApp.
- ICB and partners should continue to improve access and uptake of flu vaccination, and COVID vaccination to those who are at risk.
- Self-management and peer support should be mapped and promoted in a number of channels to meet the diverse needs. Patient activation methods could be applied.
- Development of a Peer Support Group network should continue to be explored.
- Borough partnerships should work with primary care clinicians and with the public to raise awareness of long COVID, opportunities for self-care and appropriate referral for specialist assessment.

### 4.7.3 Mental Health

#### Introduction

Mental health is shaped by interactions among biological, psychological, social and environmental factors—including social conditions, support systems, education, occupation, neighbourhood environments, individual lifestyle choices and healthcare access.<sup>169</sup> Both common mental health conditions (CMDs), like anxiety and depression, and severe mental illness (SMI), including schizophrenia and bipolar disorder, impact well-being. Recognising this, the Health and Social Care Act 2012 established mental health as equally important as physical health.<sup>170</sup> Since 2019, the NHS has increased funding for mental health services annually, including in Havering.<sup>171</sup>

Mental illness can lead to social isolation, relationship difficulties and can increase the risk of suicide and other self-harm.<sup>172</sup> In 2022/23, it was the leading cause of working days lost in the UK<sup>173</sup>, costing England an estimated £300 billion in 2022.<sup>174</sup> In 2017, 15.9% of Havering adults were estimated to have a CMD, below the London average of 19.3% and similar to the national rate (16.9%).<sup>175</sup> In 2023/24, 17% (49,665 patients) of GP-registered patients were reported as having depression or anxiety<sup>176</sup> while 0.8% (2,073 patients) were diagnosed with an SMI.

**Age:** Among GP registrations, adults aged 50-69 have the highest CMD rates, while SMI is most prevalent in those aged 50-59.

**Gender:** Women report CMDs more often than men, but men are less likely to seek help,<sup>177</sup> are underrepresented in Talking Therapies<sup>178</sup> and more likely to use harmful coping mechanisms.<sup>179</sup> For SMI, GP records show higher prevalence among men.

**Ethnicity:** White British individuals have the highest CMD rates in Havering, while Black populations show higher SMI rates. People of African/Caribbean descent are overrepresented in psychiatric care.<sup>180</sup>

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<sup>169</sup><https://doi.org/10.1007/s11920-018-0969-9>

<sup>170</sup><https://commonslibrary.parliament.uk/mental-health-achieving-parity-of-esteem/>

<sup>171</sup><https://northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/NEL-ICB-Annual-report-and-accounts-2023-24.pdf>

<sup>172</sup><https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968#:~:text=Mental%20illness%20is%20a%20leading,disease%20and%20other%20medical%20conditions>

<sup>173</sup><https://www.hse.gov.uk/statistics/dayslost.htm>

<sup>174</sup><https://www.centreformentalhealth.org.uk/publications/the-economic-and-social-costs-of-mental-ill-health/#:~:text=Review%20of%20methodology%20and%20update%20of%20calculations&text=This%20analysis%20finds%20that%20the,due%20to%20mental%20ill%20health.>

<sup>175</sup><https://fingertips.phe.org.uk/common-mental-disorders>

<sup>176</sup>North East London Integrated Care Board Analysis 2024.

<sup>177</sup><https://www.gov.uk/government/calls-for-evidence/mental-health-and-wellbeing-plan-discussion-paper-and-call-for-evidence/mental-health-and-wellbeing-plan-discussion-paper>

<sup>178</sup><https://www.mentalhealth.org.uk/explore-mental-health/statistics/men-women-statistics>

<sup>179</sup><https://committees.parliament.uk/work/7858/mens-health/>

<sup>180</sup><https://digital.nhs.uk/data-and-information/publications/statistical/adult-psychiatric-morbidity-survey/adult-psychiatric-morbidity-survey-survey-of-mental-health-and-wellbeing-england-2014>

**LGBTQ+:** Mental health issues are disproportionately higher in the LGBTQ+ community, with nearly half of transgender individuals having considered suicide.<sup>181</sup>

**Learning Disabilities:** Mental health issues among adults with learning disabilities are often overlooked and misattributed to their disability. 40% of adults with learning disabilities estimated to experience mental health problems at any given time.<sup>182</sup>

**Substance misuse:** In 2022/23, 87.7% of those entering alcohol treatment and 81.4% of those entering drug treatment also received mental health support.

**Rough Sleeping:** Adults who are rough sleepers face higher rates of mental ill health, often because of poor socioeconomic outcomes and co-occurring challenges, including substance misuse, physical health issues and history of trauma.

**Prison population:** An estimated nine out of ten people in prison have a mental health condition, substance misuse issue, or dual-diagnosis needs.<sup>183</sup>

Havering offers extensive mental health support to meet the diverse needs of residents, with services spanning primary care, community and voluntary sector services and specialist support. The following examples highlight local efforts to target and improve mental health outcomes:

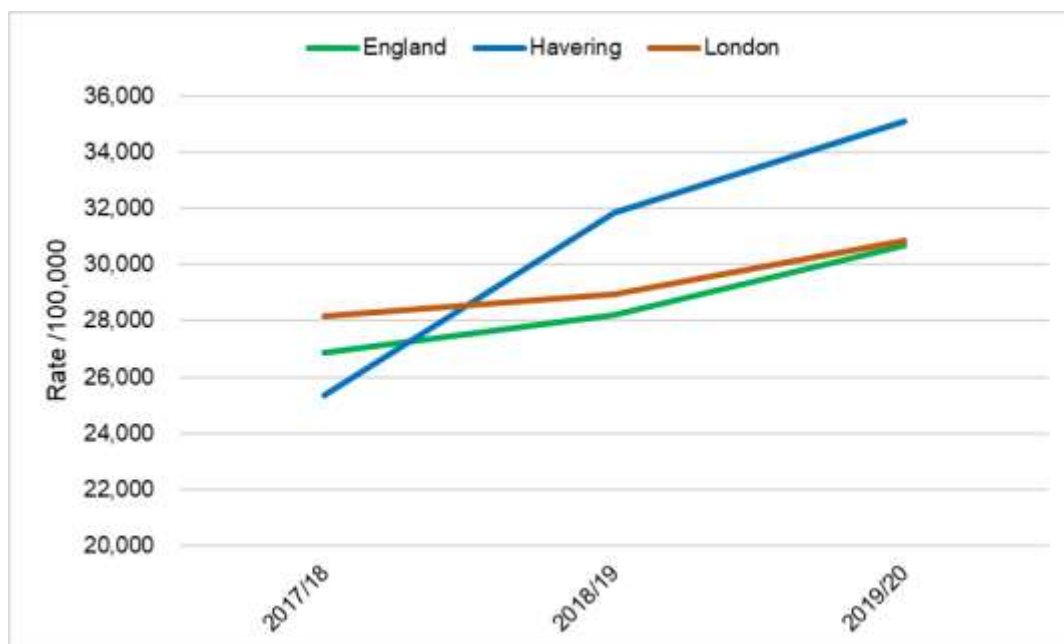
- Havering Mental Health and Wellness Teams provide targeted support for adults 18-65 with significant mental health difficulties, including conducting adult social care assessments and interventions. From October 2023 to August 2024, they averaged receiving 186 referrals per month and increased the number of routine referrals assessed within 6 weeks from 83.1 to 93.9%. On average, for every three residents in Havering (35,106/100,000 population; approximately 89,140 contacts), there is one community and outpatient mental health attendance in 2019/20 (Figure 34). This increasing use of community mental health services may have helped reduce inpatient hospitalisations, as Havering is one of the boroughs with the lowest use of inpatient mental health services (179/100,000 compared to 276/100,000 London average) (Figure 35).
- Talking Therapies (formerly IAPT) provide support for individuals with anxiety and depression. In 2023/24, Havering averaged 594 referrals per month, with 22% from BAME backgrounds, and meet NHS standards for waiting times. In 2023/24, Havering's performance exceeds NHS targets, with over 96% of referrals seen within six weeks and 99% within 18 weeks. Recovery rates also met NHS England's expectations (50%), with Havering achieving a recovery rate of 50.2%.
- Additionally, mental health service transformation is developing across Havering. For example, the Havering North Primary Care Network has successfully piloted the integration of psychological wellbeing practitioners within primary care. This approach has strengthened links between primary care and specialised mental health services, and supported the capacity and capability to manage patients with CMD. Patients whom PWP engaged with who also completed therapy had an average recover rate of 65%, about 15% higher than the NHS performance target.

<sup>181</sup><https://www.mentalhealth.org.uk/statistics/mental-health-statistics-lgbtq-people>

<sup>182</sup><https://www.nice.org.uk/guidance/ng54/chapter/context#:~:text=Population%2Dbased%20estimate%20suggest%20in,at%20any%20point%20in%20time.>

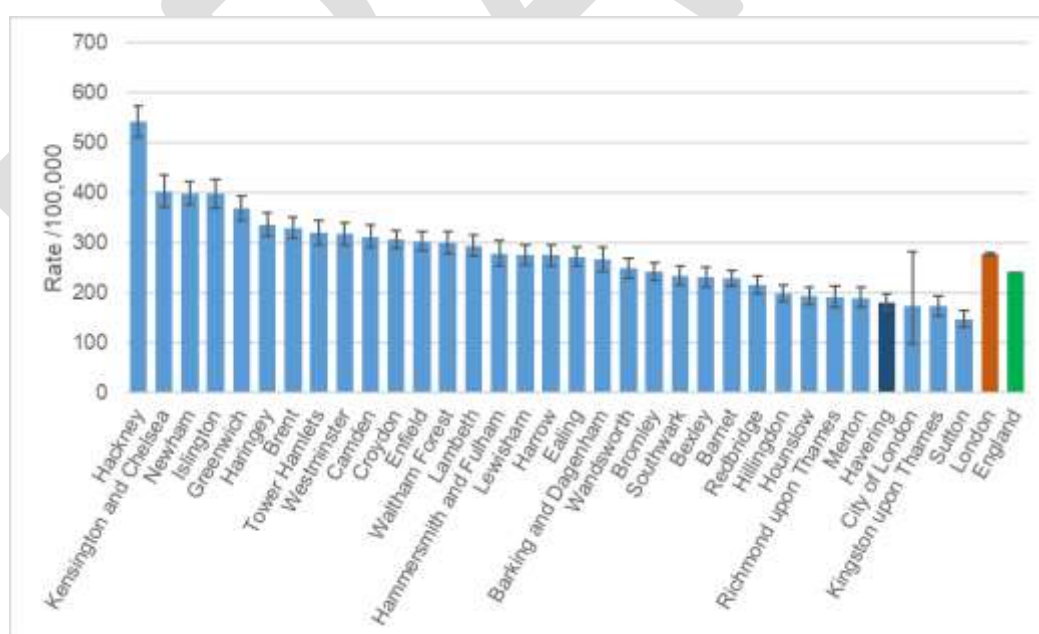
<sup>183</sup><https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

**Figure 34: Community and outpatient mental health service attendance per 100,000 population, Havering, London and England, 2017/18 – 2019/20**



Source: OHID, Produced by LBH PHI

**Figure 35: Inpatient stays in secondary care mental health services, 2019/20, London local authorities, London region and England.**



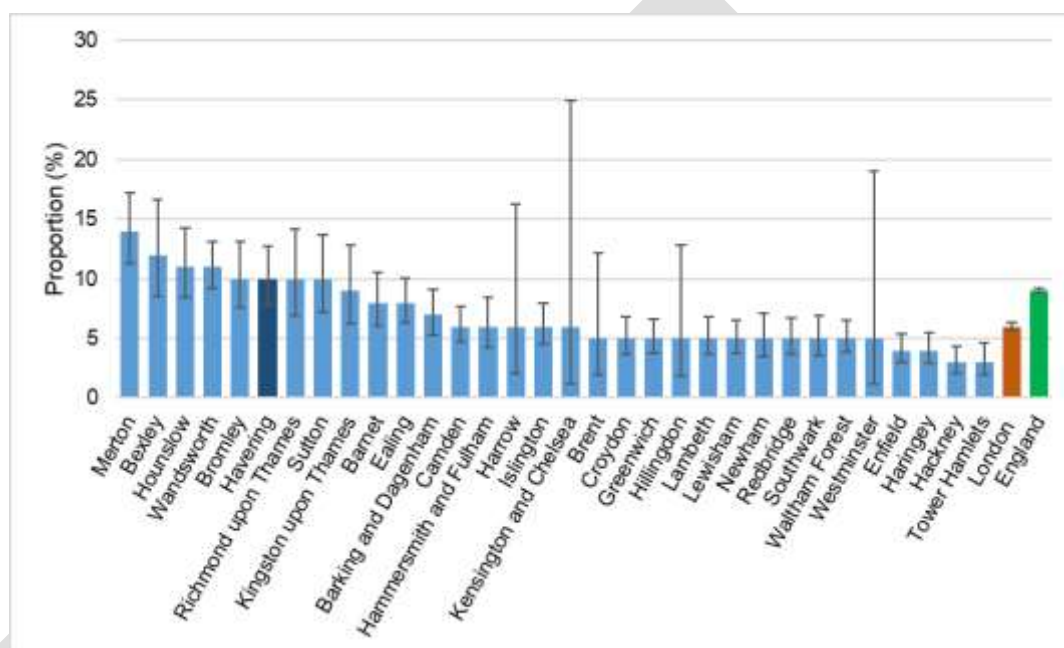
Source: OHID, Produced by LBH PHI

## Findings

The proportion of adults in contact with secondary mental health services in paid employment or living independently in Havering (10%) was higher than the London (6%) and England (9%) averages in 2019/20<sup>184</sup> (Figure 36).

Havering managed to provide stable and appropriate accommodation to 83% of those adults who required secondary care mental health services. Although the rate has been a drop from 92% in 2013/14, it remains one of the highest in London (Figure 37).

**Figure 36: The percentage of the population who are in contact with secondary mental health services and on the Care Plan Approach that are in paid employment (aged 18 to 69), London local authorities, London region and England, 2020/21**

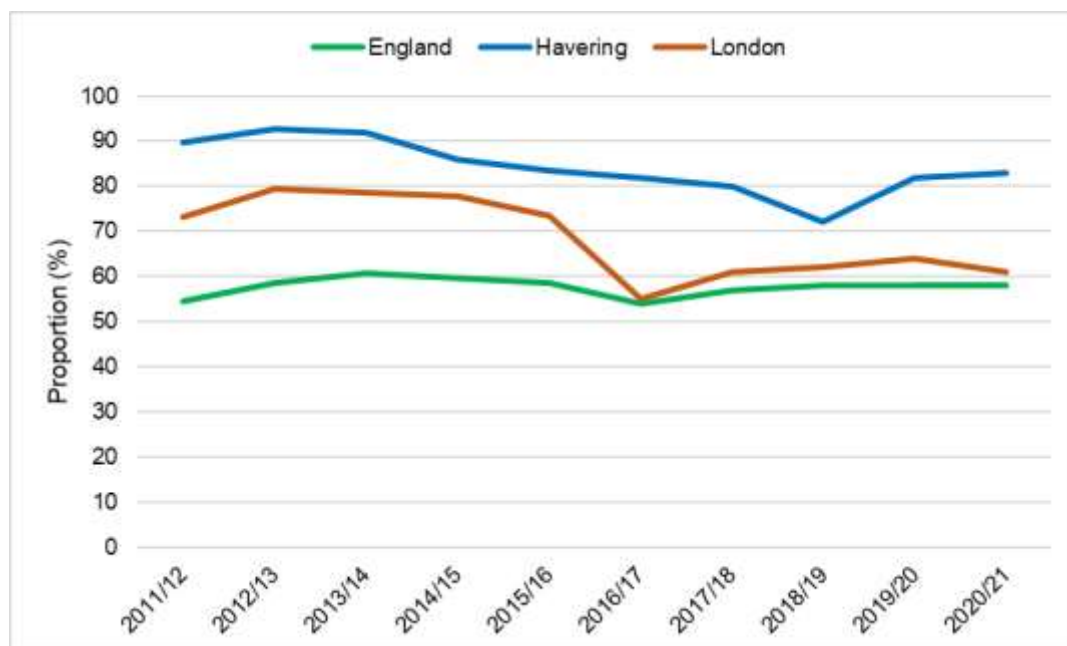


Source: OHID, Produced by LBH PHI

<sup>184</sup><https://digital.nhs.uk/data-and-information/publications/statistical/adult-social-care-outcomes-framework-ascof/england-2020-21>



**Figure 37. Adults in contact with secondary mental health services who live in stable and appropriate accommodation, Havering, London and England, 2020/21**



Source: OHID, Produced by LBH PHI

### Service Gaps / Unmet Needs

While acute hospitals can provide crisis support, they are not always the most suitable setting for mental health emergencies. Crisis cafés serve as an alternative, offering non-clinical, therapeutic, and social support to reduce patient distress, emergency department visits and the length of inpatient stays.

SMI reduces life expectancy by 10-20 years,<sup>185</sup> largely driven by higher rates of cardiovascular disease, respiratory illness and cancer. Smoking rates are disproportionately higher among individuals with SMI, with rates between 50-80%. Despite NHS mandates and commissioning to deliver annual physical health checks for adults with SMI, gaps remain in annual physical health checks for individuals with SMI.

### Recommendations

- Havering Council, NEL ICB, NHS, Social Care, voluntary organisations, employers, emergency services and other partners should sign the UK Government's *Prevention Concordat for Better Mental Health*.
- Havering Council, NELFT, NEL ICB and voluntary organisations should work together to ensure individuals with mental health conditions have timely access to equitable care, preventing deterioration into crisis.
- NELFT should assess expanding psychological wellbeing practitioners across all primary care networks in Havering.

<sup>185</sup><https://www.england.nhs.uk/long-read/improving-the-physical-health-of-people-living-with-severe-mental-illness/#:~:text=People%20living%20with%20SMI%20face,due%20to%20preventable%20physical%20illnesses.>

- All key partners (Havering Council, NELFT, NEL ICB and voluntary organisations) should ensure public-facing staff have Making Every Contact Count (MECC) training to increase awareness, reduce stigma and promote early intervention.
- NELFT should evaluate whether groups at higher risk of mental ill health are proportionally represented in service access, treatment and outcomes.
- NELFT should pilot a Havering Crisis Café to provide non-clinical, therapeutic and social support to support those experiencing mental distress.
- Havering Council, NELFT, NEL ICB and voluntary organisations should collaborate with the *NEL SMI Physical Health Improvement Network* to ensure that individuals with SMI receive annual physical health checks.
- Public Health should commission a tailored stop smoking service for individuals with SMI.

#### 4.7.4 Suicide Prevention

##### Introduction

Every suicide results from a complex interplay of risk factors and distressing life events, having devastating consequences for individuals, families, communities and frontline responders. Each death by suicide affects an average of 135 people, meaning nearly 900,000 people a year are affected by suicide across the UK per year<sup>186</sup>.

The loss extends beyond personal grief, affecting healthcare professionals who experience emotional and professional strain, influencing recruitment, retention, quality of professional life and patient care<sup>187</sup>. Bereavement by suicide further increases the risk of additional suicides within affected circles, with socioeconomic deprivation playing a key role in disparities<sup>188</sup>. Beyond loss of life, there is economic burden, as every suicide costs at average £1.46 million to society. In 2022, productivity losses accounted for one third of all suicide-related costs in England, reaching £2.48 billion<sup>186</sup>.

Suicide can affect anyone, but certain groups are at higher risk due to multiple vulnerabilities:

- **Age:** Suicide affects all age groups, but middle-aged individuals (40-59 years) are most at risk in Havering, reflecting national trends.
- **Disability:** Disabled women are over four times more likely to die by suicide compared to non-disabled women, while disabled men are three times more likely to die by suicide than non-disabled men<sup>189</sup>. Autistic people are seven times more likely to die by suicide than allistic (non-autistic) individuals<sup>190</sup>.

<sup>186</sup><https://www.samaritans.org>

<sup>187</sup><https://www.rcpsych.ac.uk>

<sup>188</sup><https://www.samaritans.org/about-samaritans/research-policy/inequality-suicide/socioeconomic-disadvantage-and-suicidal-behaviour>

<sup>189</sup><https://www.disabilityrightsuk.org/news/disabled-people-far-more-likely-die-suicide-non-disabled-people>

<sup>190</sup><https://www.autistica.org.uk/our-research/research-projects/understanding-suicide-in-autism#:~:text=Autistic%20people%20are%20much%20more,alarming%2035%25%20have%20attended%20suicide.>

- **Gender identity and sexual orientation:** Men are three times more likely to die by suicide than women<sup>191</sup>. Additionally, individuals within the LGBTQ+ community face a higher risk of death by suicide compared to those who do not identify as LGBTQ+<sup>192</sup>.
- **Ethnicity:** Although statistical evidence on differences in suicide rates among ethnic groups is limited, experiences of racism and discrimination contribute to poorer mental health outcomes and increased suicide risk<sup>193</sup>.
- **Maternity:** Maternal suicide remains the leading cause of pregnancy-related deaths in the year after childbirth in the UK<sup>194</sup>.
- **Deprivation:** People living in the most disadvantaged areas are 10 times more likely to die by suicide than those in the most affluent areas<sup>195</sup>.
- **Stigma of mental ill health:** Communities with high levels of stigma surrounding mental illness and suicide often experience increased suicide risk due to lower engagement with preventative measures and support services<sup>196</sup>.

The Havering All-age Suicide Prevention Strategy 2025-2030 aims to improve suicide prevention efforts across the borough, with the ultimate goals of reducing suicide rates in Havering. The Strategy is supported by a multi-agency steering group and a proposed Lived Experience Advisory Group, where individuals with personal experience of suicide contribute to shaping services and policies. Havering Public Health also maintains a dedicated [suicide prevention webpage](#) and training directory. There are also a variety of community-based services provide support to Havering residents:

- Samaritans (Romford branch) – Offers free, 24/7 emotional support for anyone in distress.
- PAPYRUS – Provides specialist advice and resources for young people at risk of suicide and those supporting them.
- Grief in Pieces (Part of the Safe Connections: Local Support for People Facing Suicide) – Operated by MIND in North East London, this service offers tailored bereavement support for people and families who have experienced the loss of a loved one, friend or colleague to suicide.

## Findings

Between 2015 and 2022, 139 lives were lost to suicide, with an additional 230 attempted suicides registered among Havering residents<sup>197,198</sup>. The [average rate of suicide](#) between 2020 and 2022 was 9.6 per 100,000 population, which is significantly higher than the London rate of 6.9 per 100,000 and similar to the England rate of 10.3 per 100,000<sup>15</sup>. Havering is now one of the few London boroughs with a notably higher age-adjusted suicide rate, highlighting the need for targeted prevention strategies to address this growing concern.

<sup>191</sup><https://www.statista.com/statistics/282203/suicide-rate-in-the-united-kingdom-uk-since-2000-by-gender/>

<sup>192</sup><https://www.tandfonline.com/doi/full/10.1080/09540261.2022.2053070>

<sup>193</sup><https://www.samaritans.org/about-samaritans/research-policy/ethnicity-and-suicide/>

<sup>194</sup><https://maternalmentalhealthalliance.org/news/suicide-remains-the-leading-cause-of-direct-maternal-death-in-first-postnatal-year/>

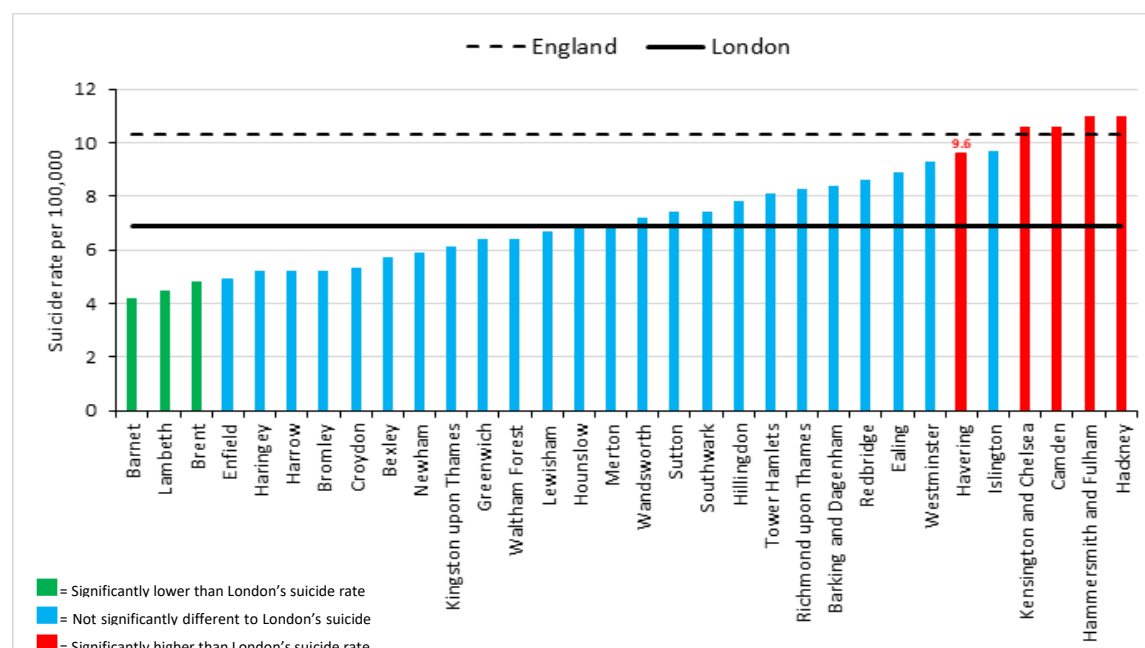
<sup>195</sup><https://www.samaritans.org/about-samaritans/research-policy/inequality-suicide/>

<sup>196</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6998948/>

<sup>197</sup>NEL Suicide Prevention Data Dashboard

<sup>198</sup>Three-year rolling averages are used to detail the rate of suicide to ensure reliable rates can be produced and visibility of trends improved, and is especially useful when data can exhibit large changes in proportions owing to relatively small absolute numbers of occurrences each year.

**Figure 38 Three-year aggregate age-standardised suicide rates in London boroughs, London region and England, 2020-2022.**



Source: Office for Health Improvement and Disparities (OHID) fingertips data, 2020-2022.<sup>199</sup>

From 2015 to 2023, Havering reported an overall attempted suicide rate of 109 per 100,000, higher than neighbouring NEL boroughs (Barking & Dagenham, Redbridge and Waltham Forest)<sup>200</sup>. In Havering, males accounted for 75% of attempted suicides and females accounted for 25% of attempted suicides from 2015 to 2023<sup>201</sup>.

**Figure 39: National and local priority groups for targeted suicide prevention activity.**  
\*Including those living in neighbourhoods of disadvantage, in debt, homeless or facing homelessness, unemployed, insecure or low-quality housing

National Priority Groups	Additional Local Priority Groups
<ul style="list-style-type: none"> <li>• Middle-aged men</li> <li>• People who self-harm</li> <li>• Children and Young people (rising rates in recent years)</li> <li>• People in contact with mental health services</li> <li>• Autistic people and/or neurodivergent individuals</li> <li>• Pregnant women and new mothers</li> <li>• People in contact with criminal justice system</li> </ul>	<ul style="list-style-type: none"> <li>• People with economic risk factors*</li> <li>• People who misuse substances</li> <li>• People bereaved or impacted by suicide</li> <li>• Victims and perpetrators of domestic violence and abuse</li> <li>• People living with chronic pain and/or long term conditions</li> <li>• Veterans of the armed forces</li> </ul>

Source: Havering All-age Suicide Prevention Strategy 2025-2030

Havering recently carried out a public consultation on Citizen Space and gathered feedback on suicide prevention from residents and other stakeholders. Key themes included the need

<sup>199</sup> [Suicides in England and Wales - Office for National Statistics](#)

<sup>200</sup> Primary Care Discovery Data Service from the Suicide Prevention NEL Data Dashboard

<sup>201</sup> Primary Care Discovery Data Service from the Suicide Prevention NEL Data Dashboard

for more discussions, safe spaces, stigma reduction and easier access to mental health care. Many also stressed the importance of preventive and proactive support, alongside tackling social, economic and environmental risk factors that contribute to suicide risk. Focus groups provided further insights into local needs:

- Primary Care Networks identified a gap in suicide prevention training, resources and crisis pathways, underscoring the need for better support for frontline health workers.
- Young people voiced the need for more empathetic support and accessible mental health resources, as well as more conversations about self-harm and suicide prevention.
- School networks highlighted the need for training for both parents and teachers. Educators also stressed the need to normalise stress and build resilience among students, equipping students with coping strategies.

### **Service gaps / identified needs**

- Residents with lived experience report that bereavement services in Havering can be difficult to find, creating challenges for those coping with loss.
- Long waiting times and limited accessibility for marginalised groups prevent many from receiving timely, effective support.
- Insufficient early intervention and prevention that leads to more crises and long-term distress.
- Suicide and mental illness remain highly stigmatised, deterring individuals from seeking help, showing the need for more suicide prevention training for professionals, community members and frontline staff.

### **Recommendations**

- Havering Council to adopt and implement a local all-age suicide prevention strategy to ensure best use of local data, intelligence and partnership working.
- Public Health to work to strengthen stakeholder collaboration (healthcare providers, voluntary and community sector organisations, council services) to address the complex and intersecting factors that lead to suicide.
- Havering Suicide Review Panel to review each death by suspected suicide amongst Havering residents to understand Havering-specific factors contributing to suicide with different demographic groups, such as socioeconomic status.
- Key partners and groups to continue to work across the North East London Region and more widely, London and National, including NEL Suicide Prevention Group, Havering Suicide Prevention Stakeholder Group, Havering Suicide Prevention Reference Group, Havering Suicide Prevention Steering Group, Havering Mental Health and Wellness Teams and Havering Talking Therapies.



## 4.7.5 Maternal Health

### Introduction

Maternal health<sup>202</sup> refers to the health of women during pregnancy, childbirth and the postnatal period<sup>203</sup>. Being in good health and receiving good health and care support in the antenatal period is important to optimise outcomes for the pregnant woman or person, and their baby in the short and longer term. As such, supporting pregnant women to stay well has implications for both Starting Well and Living Well elements of the life course. Further information about maternal, neonatal and early years outcomes for Havering can be found in the Start Well JSNA chapter.

Antenatal care in Havering is provided by BHRUT, with core maternity services located at Queen's Hospital. While a significant proportion of Havering residents choose BHRUT as their maternity provider, patients are also able to access maternity services in other areas, including across NEL or further afield. Other elements of the maternity care pathway are also provided in primary care, and by NELFT (including perinatal mental health and health visiting services).

The North East London ICB 2024 Best Start in Life: A case for change report<sup>204</sup> and North East London Local Maternity and Neonatal System Equity and equality strategy and action plan 2022<sup>205</sup> both explore the challenges and inequalities that exist in across the local maternity and neonatal system (LMNS) and highlight opportunities for improvement. These, and other work, are contributing to the development of a NEL 10-year maternity and neonatal strategy.

### Births

Provisional data for 2023/24 indicates that 3,019 [live babies were born to Havering residents](#), the majority of births taking place at BHRUT maternity services. There has been a gradual decline in the number of births in Havering since 2016, with birth rates declining accordingly.

### Ethnic inequalities in maternal outcomes

There has been marked growth in the proportion of births in Havering delivered to people from black, Asian, or other ethnic backgrounds, increasing from 22% in 2013/14 to 38.6% in 2022/23<sup>206</sup>. This reflects the increasing ethnic diversity of the borough, and is important given the national and local evidence about poorer maternal and neonatal outcomes amongst black and Asian women, and the higher prevalence of pre-existing conditions which are associated

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<sup>202</sup>The phrases maternal, and mother are used to represent those who give birth to babies, while acknowledging that some of those who give birth are not cis-gender women.

<sup>203</sup>[https://www.who.int/health-topics/maternal-health#tab=tab\\_1](https://www.who.int/health-topics/maternal-health#tab=tab_1)

<sup>204</sup>[https://northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/Best-Start-in-Life-A-case-for-change\\_July-2024.pdf](https://northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/Best-Start-in-Life-A-case-for-change_July-2024.pdf)

<sup>205</sup>[https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fnortheastlondon.icb.nhs.uk%2Fwp-content%2Fuploads%2F2024%2F10%2FNEL-LMNS-equity-and-equality-strategy\\_FINAL\\_v3.pptx&wdOrigin=BROWSELINK](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fnortheastlondon.icb.nhs.uk%2Fwp-content%2Fuploads%2F2024%2F10%2FNEL-LMNS-equity-and-equality-strategy_FINAL_v3.pptx&wdOrigin=BROWSELINK)

<sup>206</sup><https://fingertips.phe.org.uk/profile-group/mental-health/profile/perinatal-mental-health/data#page/4/gid/1938132960/pat/6/par/E12000007/ati/502/are/E09000016/iid/92973/age/1/sex/2/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0>

with poorer maternal outcomes. A previous equality analysis for North East London (NEL)<sup>207</sup> found that:

- Havering had the highest unplanned caesarean section rate across NEL, but rates are higher for black (32%) and Asian (28%) women than for white women (22%)
- Black women were found to be twice as likely to attend A&E during the course of their pregnancy as compared to white women (23% vs 11%).
- Black pregnant women were found to be more than twice as likely to have hypertension as compared to white women (11% vs 5%).
- Asian pregnant women were more than twice as likely to have diabetes (type 1, type 2 or gestational) as compared to white women (25% vs 10%).
- Black women were also found to have the highest rates of obesity across every NEL borough.

Addressing health inequalities for population groups that experience poorer maternal and neonatal outcomes is a key area of opportunity reflected in the NEL maternal and neonatal strategy 2024 case for change.<sup>208</sup>

### **Early access to antenatal care**

Early access to maternity care is a vital part of ensuring that pregnant women or persons receive the necessary care and support, to optimise birth outcomes. A woman's first midwife appointment (booking appointment) should happen before the 10<sup>th</sup> week of pregnancy<sup>209</sup>.

In 2023/24 only 60.2% of pregnant women in Havering received their booking appointment within this timeframe. This rate was similar to the rate across London (59.2%), but worse than the England average (63.5%). In the same period, 10% of all women booking at BHRUT did not do so until more than 20 weeks of pregnancy (+141 days gestational age)<sup>210</sup>. Equality analysis across NEL identified disparities in early booking rates, with black women in Havering tending to access antenatal care an average of 4 weeks later than white women<sup>211</sup>.

### **Maternal body mass index (BMI)**

Obesity has become one of the most commonly occurring risk factors in obstetric practice. Pregnant women who are obese are at greater risk of a variety of pregnancy-related complications compared with women of normal BMI, including pre-eclampsia and gestational

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<sup>207</sup><https://www.healthwatchhaverling.co.uk/sites/healthwatchhaverling.co.uk/files/NHSNEL%20-%20Maternity%20report.pdf>

<sup>208</sup>[https://northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/Best-Start-in-Life-A-case-for-change\\_July-2024.pdf](https://northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/Best-Start-in-Life-A-case-for-change_July-2024.pdf)

<sup>209</sup><https://www.nice.org.uk/guidance/ng201/evidence/h-timing-of-first-antenatal-appointment-pdf-9202942629>

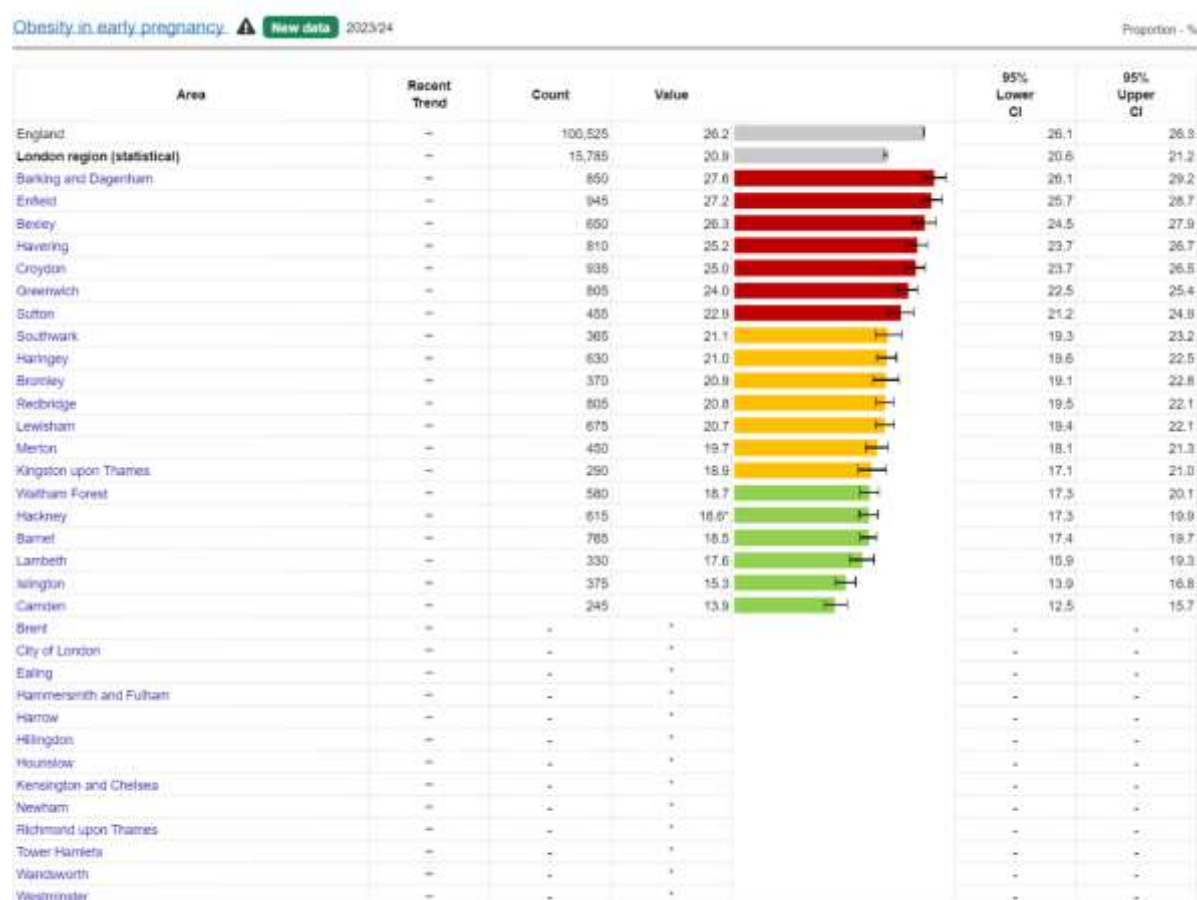
<sup>210</sup><https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-sets/maternity-services-data-set/maternity-services-dashboard>

<sup>211</sup>North East London Local Maternity and Neonatal System Equity and equality strategy and action plan (2022)

diabetes. Pregnant women who are obese are also at increased risk of caesarean birth and can complicate other aspects of maternal care<sup>212</sup>.

Between April 2023 and March 2024, around a quarter of women booking with BHRUT at 15 weeks gestation were found to be obese or severely obese, while around a further third were recorded as overweight<sup>213</sup>. Comparative data for London boroughs suggest that Havering has one of the highest rates of maternal obesity in early pregnancy in North East London and London (amongst those boroughs for which this data has been published<sup>214</sup>).

**Figure 40: Proportion of mothers identified as obese within the first 14 weeks of pregnancy, 2023/24**



Source: OHID

<sup>212</sup> <https://www.rcog.org.uk/guidance/browse-all-guidance/green-top-guidelines/care-of-women-with-obesity-in-pregnancy-green-top-guideline-no-72/>

<sup>213</sup> <https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-sets/maternity-services-data-set/maternity-services-dashboard>

<sup>214</sup> For data quality reasons, data for City of London, Ealing, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Kensington and Chelsea, Newham, Richmond upon Thames, Tower Hamlets, Wandsworth and Westminster has not been published

### **Maternal mental health (perinatal mental health)**

Nationally, it is reported that as many as one in five women develop a mental health problem during pregnancy or in the first year after the birth of their baby (the perinatal period)<sup>215</sup>. Recently published model-based estimates of perinatal mental health prevalence from 2019 suggest the figure could be closer to one in four<sup>216</sup>. These problems can frequently go unrecognised and untreated, with some women not seeking help because of fear of stigma or intervention by social services. If left untreated, perinatal mental health problems can have significant and long-lasting effects on the woman, her family,<sup>217</sup>

Locally reported data suggests that 12.2% of pregnant women in Havering accessed specialist community perinatal mental health services in 2023-24. This proportion was higher than for residents of Barking and Dagenham and Redbridge (averaging 7% of pregnancies)<sup>218</sup>. This may reflect a difference in population need but may be likely to be impacted by local differences in identification and referral rates and access to other support services available within the borough.

Newly published data indicates that pregnant women in Havering had a higher rate of access to specialist perinatal mental health services between 2020/21 - 2022/23 (101.1 per 1,000 pregnant women) than the London (74.4 per 1,000) and England (77.8 per 1,000) averages<sup>219</sup>.

- Maternal smoking is considered in section 4.4.3 Smoking.
- Maternal vaccination is considered in section 4.4.7 Vaccination

### **Service gaps / unmet needs**

The North East London ICB 2024 Best Start in Life: A case for change report identifies the following opportunities for improvement in relation to maternal health:

- Matching maternity demand and capacity in the system - ensuring that maternity capacity can respond to both the expected increase in demand and changing profile and complexity of pregnancies.
- Strengthening antenatal and postnatal care pathways - working to ensure that antenatal care pathways are clearly accessible and understood by all pregnant women or people and other professionals, and extensively signposted to, to support early access to care.
- Addressing variation in quality, access and experience – taking action to address quantitative and qualitative evidence that demonstrates variation in experiences and outcomes experienced by those accessing different antenatal care provision across NEL.
- Reducing health inequalities – understanding and acting on persistent inequalities which drive differences in maternal experiences and outcomes.
- Making the most effective use of staff resource and improving staff wellbeing - optimising the future workforce model to make best use of staff resources and skillsets in response

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<sup>215</sup><https://www.rcog.org.uk/media/3ijbpfvi/maternal-mental-health-womens-voices.pdf>

<sup>216</sup><https://fingertips.phe.org.uk/profile-group/mental-health/profile/perinatal-mental-health/data#page/3/gid/1938132957/pat/6/par/E12000007/ati/502/are/E09000016/iid/94103/age/332/sx/2/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0>

<sup>217</sup> Maternity and mental health | NICE

<sup>218</sup> NELFT Perinatal Mental Health Service Data, provided by NEL ICB

<sup>219</sup><https://fingertips.phe.org.uk/profile-group/mental-health/profile/perinatal-mental-health/data#page/4/gid/1938132975/pat/6/par/E12000007/ati/502/are/E09000016/iid/94089/age/316/sx/2/cat/-1/ctp/-1/yr/3/cid/4/tbm/1/page-options/car-do-0>

to population needs, while ensuring that staff are effectively supported to avoid low morale, poor mental and physical wellbeing and risk of burnout.

Locally, there are concerns about the growing numbers of women being identified with diabetes (gestational, or not-previously diagnosed type II) during pregnancy, and the higher rates of access to perinatal mental health support services amongst Havering residents compared to Barking and Dagenham and Redbridge. Work is underway to develop a place-based maternal and neonatal action plan, which will further articulate the specific issues and challenges faced in Havering and identify partnership actions to address them.

## Recommendations

- As part of a life-course approach to addressing excess weight, partnership to actively promote local weight management opportunities to support women wishing to conceive to lose excess weight prior to conception.
- Health and Wellbeing board to support efforts to maximise the proportion of eligible women taking up Healthy Start vouchers during pregnancy to support access to healthy foods, ensuring that a broad range of partners are actively promoting the scheme.
- NEL ICB and health partners to explore any reasons for differential referral rates for perinatal mental health support amongst Havering residents and any disproportionately affected groups, and whether there is need for additional prevention or early intervention to support existing provision.
- All partners to support efforts to promote access to early antenatal care, particularly amongst communities or groups that tend to access maternity services later in pregnancy.
- NEL ICB and maternity providers to improve access to preconception advice for women with existing, or at higher risk of long-term conditions, including diabetes.
- Partnership to commit to delivering against a place-based maternal and neonatal action plan, seeking to maximise impact through collaborative action.

## 4.7.6 Sensory Impairment, Disability & Learning Disability

### Introduction

People with poor health and / or disability are at particular risk of disadvantage in all its forms and their outcomes are worse than those of general population. In 2023, 6% of the population in England was reported to have hearing loss and two million people are estimated to be living with sight loss in the UK.

More than one in 44 people in England<sup>220</sup> have a learning disability. A learning disability is not the same as a learning difficulty, which is a reduced ability for a specific form of learning. Learning difficulties encompass a broader range of conditions than learning disabilities, including dyslexia and attention deficit hyperactivity disorder (ADHD).

A person with a learning disability may also have one or more learning difficulties. Some people who fit the definition of having a learning disability prefer to talk about themselves as a person who has learning difficulties. There are also a number of impairments and genetic differences that may involve some type of learning disability, such as Down's syndrome,

<sup>220</sup>[www.mencap.org.uk/learning-disability-explained/research-and-statistics/how-common-learningdisability](https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/how-common-learningdisability)



autism and cerebral palsy. Having a learning disability affects the way a person learns new things, throughout their life, and the type of learning disability they have will determine how much care and support they will need. People with a learning disability have higher levels of premature death compared with the rest of the population. Unhealthy diet and smoking could be more common than in the general population and adherence to health advice could be challenging. People with learning disability also have poor physical and mental health, and as a result they live shorter lives.<sup>221</sup>

In England, regular Health checks have resulted in the identification of previously undetected health conditions in 51% to 94% of patients.<sup>222</sup> The number of previously undetected or unmanaged health needs (cancer, oral health, dementia, ear wax etc.) identified per patient range from 2 to 5. Health checks are also effective in promoting actions to address identified health needs such as vaccinations, blood tests, breast and testicular screening, dental review and vision and hearing assessment.

## Findings

- In Havering, an estimated 38,449 residents reported having a disability in 2021. The neighbourhoods in Havering that have the highest number of [households where at least one member is disabled](#) were Hornchurch Marshes, Rush Green and Harold Hill East<sup>223</sup>.
- The estimated number of people in Havering aged 18-64 with impaired mobility in 2023 is 8,653, equivalent to a rate of 5,463 per 100,000 population. This rate is significantly higher than the London average (4,945)<sup>224</sup>.
- In 2023, 103 Havering residents aged 18-64 were estimated to have a serious visual impairment, 957 severe hearing loss and 15,443 some hearing loss<sup>225</sup>.
- The [prevalence of people with a learning disability](#) was recorded to be 0.4% in Havering compared to 0.4% in London and 0.6% in England<sup>229</sup>.
- Among those who have a diagnosis of autism, the prevalence of learning disability could be around 40%<sup>226</sup>.
- Health messages do not reach people with learning disability effectively<sup>227</sup>. People with learning disabilities are less likely to do regular exercise and eat a balanced diet with enough fruit and vegetables<sup>228</sup>. For example, during the pandemic the LD community experienced 4.1 to 6.3 times higher rate of death from COVID-19 than the general population due to insufficient prevention measures<sup>229</sup>.

<sup>221</sup><https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health/health-inequalities>

<sup>222</sup><https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities#:~:text=Studies%20have%20consistently%20demonstrated%20that,51%25%20to%2094%25%20of%20patients>

<sup>223</sup><https://www.haveringdata.net/wp-content/uploads/2024/04/Havering-JSNA-Demography-Chapter-2024.pdf>

<sup>224</sup><https://democracy.havering.gov.uk/documents/s72056/JSNA%20Demography%20Chapter%202023%20v0.3A.pdf>

<sup>225</sup><https://fingertips.phe.org.uk/profiles>

<sup>226</sup><https://www.sciencedirect.com/science/article/pii/S2666776223000455?via%3Dihub>

<sup>227</sup><https://www.tandfonline.com/doi/full/10.1080/09687599.2024.2333017>

<sup>228</sup>[https://assets.publishing.service.gov.uk/media/5a82eb88e5274a2e87dc3a49/Social\\_care\\_staff\\_supporting\\_diet\\_and\\_exercise\\_in\\_learning\\_disabilities.pdf](https://assets.publishing.service.gov.uk/media/5a82eb88e5274a2e87dc3a49/Social_care_staff_supporting_diet_and_exercise_in_learning_disabilities.pdf)

<sup>229</sup><https://www.gov.uk/government/news/people-with-learning-disabilities-had-higher-death-rate-from-covid-19#:~:text=It%20found%20451%20per%20100%2C000,such%20as%20age%20and%20sex.>

- There are higher proportions of those with severe obesity (37%) among people with learning disabilities than among people without learning disabilities (30.1%) in England.
- Chronic constipation is common among those with learning disabilities due to the unbalanced diet<sup>230</sup>.
- Proportion of eligible adults with a learning disability having had a health check (73.7%, 674) in Havering was higher than London average (58.2%) and England average (52.3%) in 2018/19 (Note: these are latest available data from NHS England as data at legacy CCG level is no more made publicly available).
- Medical evaluation of 1,135 people with learning disabilities referred to a clinic for challenging behaviour found that 75% of the sample had one or more undiagnosed or undertreated health problems<sup>231</sup>.
- Proportion of working age adults with learning disability in paid employment (2.8%) in Havering is lower than both London (5.3%) and England (4.8%) averages in 2022/23<sup>232</sup>.

### Service Gaps /Unmet Needs

Awareness and adjustment in care could be improved to meet the needs of people with learning disability and those who communicate differently due to their disability.

### Recommendations

- Formation of a working group under Place based Partnership to increase accessibility of services and awareness within staff around how to support people who are deaf or communicate differently, to co-design with local people and to implement the actions such as awareness training and accessible information standards.
- Partners should ensure health messages and health programmes are culturally sensitive and services should be designed to enable equal access to those with learning disabilities, working with carers and families.
- Healthy weight and weight management programmes need to consider tailored approach co-designed with service users with learning disabilities and carers
- Reasonable adjustments should be made to health services to improve access for people with a disability including learning disability
- ICS and HWB to work with NHS England and OHID to ensure publication of data at Place level related to learning disability in parity with other ICBs in England as sub-ICB level data are not available in London
- ICB and Primary care should work together to continue high levels of annual health checks and to ensure a pathway for positive behaviour support.
- Council and NHS providers should collaboratively work with the DWP to offer residents excluded from employment due to disability and / or ill health including mental illness the opportunity to gain confidence, skills, work experience and ultimately secure employment. (applying social values in contracts)

<sup>230</sup><https://bjgp.org/content/72/720/348>

<sup>231</sup>[https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities#:~:text=Medical%20evaluation%20of%201%2C135%20people,hypothyroidism%20\(13%25\)](https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities#:~:text=Medical%20evaluation%20of%201%2C135%20people,hypothyroidism%20(13%25))

<sup>232</sup> <https://fingertips.phe.org.uk/profiles>

## 4.7.7 Planned Care, Unplanned Care and Dental Services

### Introduction

A variety of health care is provided on a planned basis, including diagnostic investigations, specialist assessment and then treatment, including surgery. In England, it's a requirement that 92% of patients should not wait longer than 18 weeks from referral to treatment (RTT).<sup>233</sup> The benefit of planned care includes the ability to avoid acute events and ability to offer more treatment options than in an emergency situation. Nonetheless, when capacity is limited, often emergency care is prioritised and waiting time for planned care becomes longer. This could become a vicious cycle in a few situations and result in poor health outcomes including the need for an A&E attendance or emergency procedure.

Unplanned care is care that is delivered when the person seeking care, and their health-care providers, did not anticipate that care would be required. Reducing unplanned care in hospitals (accident and emergency department visits and hospital admission) is a priority for the NHS.<sup>234</sup>

Urgent and Emergency Care (UEC) services perform a critical role in responding to the acute illnesses and emergencies. Very large numbers of people attend UEC service as it offers one-stop shop for healthcare needs. This has created a huge demand on the services and resulted in many people waiting to be seen at the A&E department. Alternative services offering a faster, more convenient response, at lower cost to the NHS, are available via other urgent care options and /or primary care.

A number of the opportunities identified in other chapters of the JSNA could reduce pressure on urgent and emergency care e.g. improved management of LTCs, better identification and care of frail older people, better end of life care, easier access / perceived access to primary care etc.

### Findings

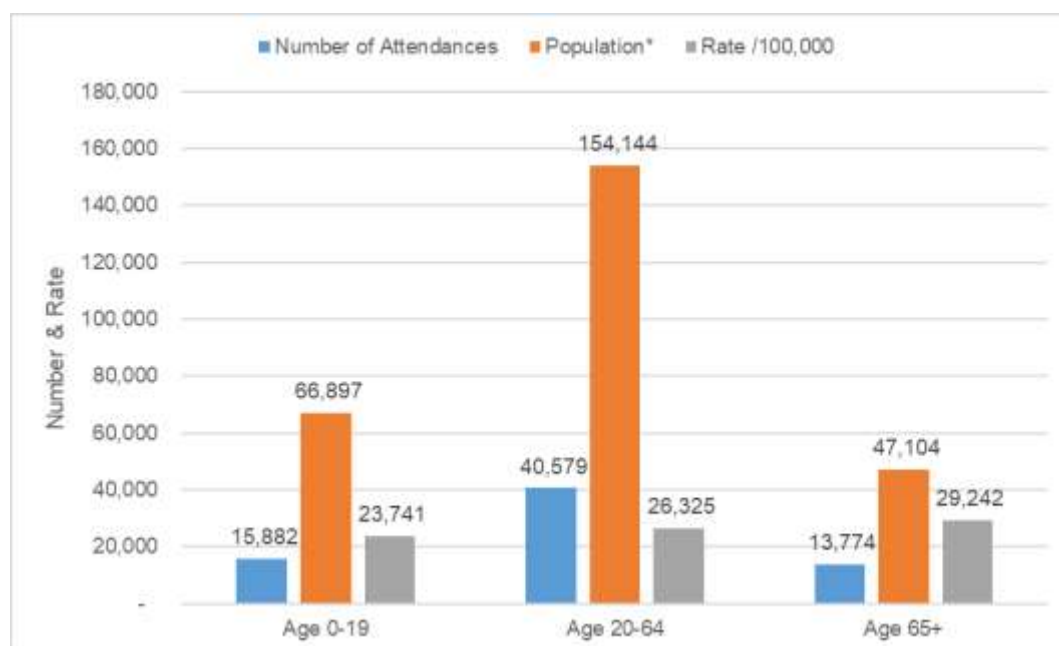
Demand on unplanned care takes resources away from planned care, and vice versa. [A&E attendance and emergency hospital admissions](#) continue to increase. In 2023/24, there were over 26,000 A&E attendance per 100,000 persons in Havering. A&E use by Havering residents at BHRUT was the highest among persons aged 65 years and over (29,242 per 100,000) followed by age 20-64 (26,325/ 100,000) and 0-19 (23,741/100,000) (Figure 41).

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<sup>233</sup><https://www.gov.uk/government/publications/right-to-start-consultant-led-treatment-within-18-weeks/referral-to-treatment-consultant-led-waiting-times-rules-suite-october-2022>

<sup>234</sup><https://www.england.nhs.uk/wp-content/uploads/2014/08/avoid-unplanned-admissions.pdf>

**Figure 41: Havering residents A&E attendance by age group, BHR UT hospitals, 2023/24.**



Source: NHS BHRUT Hospitals

In terms of ethnicity among those who attended BHRUT A&E in 2023/24, the highest rate was among “Other” ethnic group (70,269 per 100,000) followed by “Asian” (68,742 per 100,000) (Table 7).

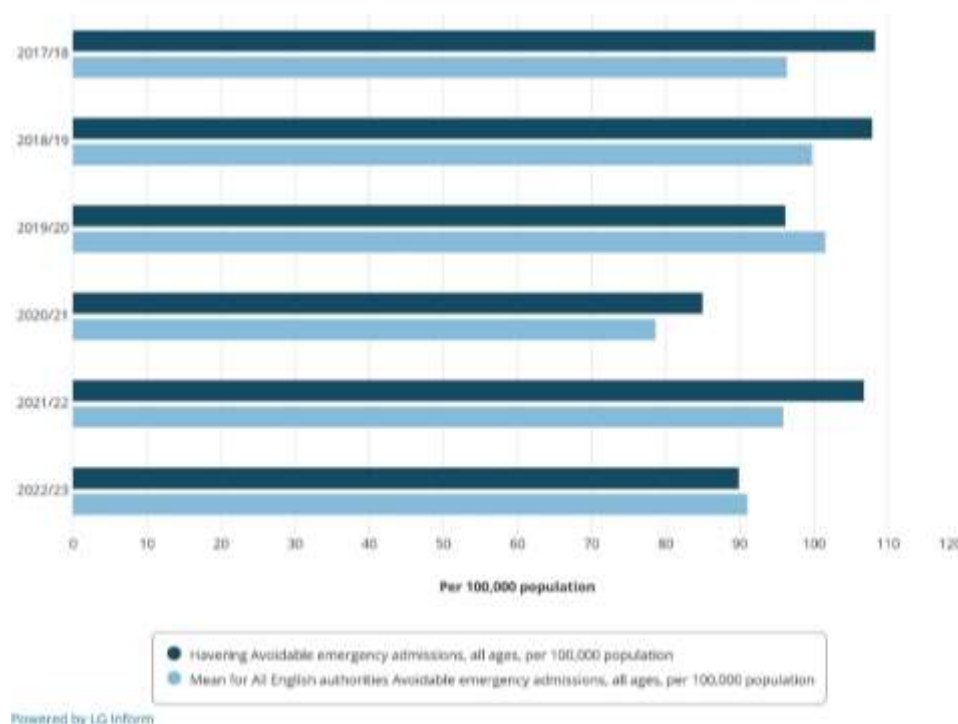
**Table 7: Havering residents A&E attendance by ethnicity, BHR UT hospitals, 2023/24.**

Ethnic Group	Number of Attendances	Population *	Rate /100,000	95%CI - L	95%CI - U
Asian	19,351	28150	68,742	67,777	69,718
Black	10,331	21567	47,902	46,983	48,835
Mixed	3,480	9747	35,703	34,527	36,910
Other	3,706	5274	70,269	68,025	72,569
White British	18,882	174232	10,837	10,683	10,993
White Other	10,520	23082	45,577	44,710	46,456
Unknown	3,968				
<b>Total</b>	<b>70,238</b>	262052	26,803	26,605	27,002
* Census 2021					

Source: NHS BHRUT Hospitals

Havering's Hospital admissions from Ambulatory Care Sensitive Conditions (ACSCs) 2022/23 (89.9/100,000) was similar to the England average (91.9/100,000). Havering rates have been higher than those of England average during the pandemic (Figure 42).

**Figure 42: Unplanned Admissions from Ambulatory Care Sensitive Conditions, all ages, rate per 100,000, Havering, 2017 - 2023**



Source: NHS England, Produced by LG INFORM

There are 24 dental practices providing care for Havering residents and 16 are accepting new NHS patients at this time (Tables 8 and 9, September 2024). Some GPs expressed that seeking NHS dental care for bedbound and housebound patients and new residents is often challenging.



**Table 8: Dental practices providing care for Havering residents, 2024**

As of September 2024, the following Havering dental practices are accepting new NHS patients.

Church View Dental Clinic	34A Station Road	RM14 2TR
Elm Park Dental Surgery	28 Rosewood Avenue	RM12 5LH
Raydens Dental Surgery	Upminster Road South	RM13 9AB
Rush Green Dental Practice	193 Rush Green Road	RM7 0PX
Dental Fitness Clinic	17 Chase Cross Road	RM5 3PJ
10 Hall Lane Dental Practice Ltd	10 Hall Lane	RM14 1AE
All Smiles Dental Care	261 Hornchurch Road	RM12 4TG
St Johns Dental Practice Limited	56 Western Road	RM1 3LP
Romford Smile Dental Practice Ltd	167 North Street	RM1 1DT
Sunny Smiles Dental Innovations	7 St Mary's Lane	RM14 2QU
Parkview Dental Practice	300 Upper Rainham Road	RM12 4EQ
Essex Family Dental Care	109 Mawney Road	RM7 7JA
Corbets Tey Dental Practice	36A Corbets Tey Road	RM14 2AD
St Marys Dental Care	163 St Mary's Lane	RM14 3BL
The Harrow Dental Practice	23 - 27 High Street	RM11 1TP
Southend Road Dental Surgery	166 South End Road	RM13 7XR

Source: NHS England

**Table 9: Dental practices in Havering not accepting NHS patients, 2024**

As of September 2024, the following Havering dental practices are not accepting new NHS patients.

Oasis Dental Care Hornchurch	Slewins Lane	RM11 2BS
Essence Dental Clinic	219 - 221 Straight Road	RM3 7JP
Cranham Dental Centre Ltd	141 Ingrebourne Gardens	RM14 1BJ
Newham Family Dental Care Ltd	Collier Row	RM5 3NR
Naidu & Naidu Dental Surgeons	132 Gubbins Lane	RM3 0DP
Retford Dental Centre	79 Retford Road	RM3 9ND
Hornchurch Dental Care	98 North Street	RM11 1SU
Ardleigh Green Dental	102 Ardleigh Green Road	RM11 2LG

Source: NHS England

## Service Gaps /Unmet Needs

Waiting time for A&E and elective surgeries is an area identified by the commissioners and providers for improvement.

## Recommendations

- HWB members to support implementation of plans developed by the BHR Planned Care Transformation Board to reduce waiting times for planned care.
- NHS England and OHID should work together to make data publicly available.
- Services to support residents to stay well longer and ensure they receive effective preventative and / or primary treatment to minimise the need for urgent and emergency care
- Health and care partners to promote immunisation to prevent infection which usually trigger exacerbation of chronic conditions.
- LTC Group members to facilitate proactive management of long-term conditions. Integrated Neighbourhood Teams (INT) using PHM approach should identify cohorts who would benefit most by proactive mgt.
- Commissioners to engage and empower primary care clinicians, LAS and patient communities to understand their needs and make appropriate use of alternatives to ED referral and attendance, including self-care and peer support. (tools and sharing of care plans)
- NHS England to improve access to NHS dental care for bedbound patients and new residents; to inform and support general practices around NHS dental care.

## 4.7.8 Social care

### Introduction

Demand for social care is estimated to be rising in both the older and under-65 population.<sup>235</sup> For adults aged 20 to 64, limiting illness or disability could be around 19%. The proportion of adults under 65 with a disability has risen in recent years. One reason for the increased demand for care in the under-65 population is the increased proportion of people with a learning disability, following improvements in diagnosis and reporting of a disability, and increased longevity and improved survival of premature babies.

A learning disability is different for everyone. Lots of people who have a learning disability can work, have relationships, live alone and get qualifications. Other people might need more support throughout their life. A profound and multiple learning disability (PMLD) is when a person has a severe learning disability and other disabilities that significantly affect their ability to communicate and be independent. Someone with a profound and multiple learning disability might have difficulties seeing, hearing, speaking and moving. They may have complicated health and social care needs due to these or other conditions.<sup>236</sup>

<sup>235</sup><https://www.gov.uk/government/publications/evidence-review-for-adult-social-care-reform/evidence-review-for-adult-social-care-reform-summary-report>

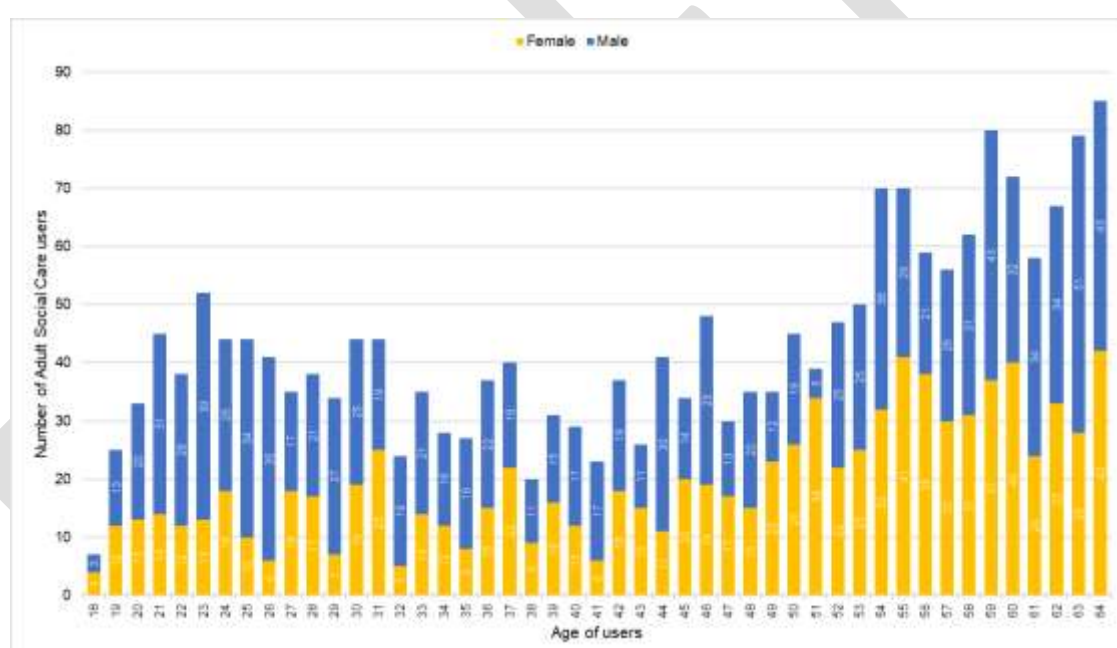
<sup>236</sup><https://northeastlondon.icb.nhs.uk/health-advice/learning-disabilities/>

Some working age residents with severe mental illness also require social care and their needs could overlap. People in more deprived areas become ill earlier<sup>237</sup> and are more likely to experience mental health disorders.<sup>238</sup>

## Findings

In 2023/24 financial year, 1,368 Havering residents aged 18-64 were receiving support from the Havering Adult Social Care service. Unlike older adults, there were more male (733) than female (635) among the services users aged 18-64 (Figure 43). Altogether they were receiving 2,043 care packages. Both the demand and complexity are rising.

**Figure 43. Age and sex distribution of ASC users aged 18-64, Havering, 2023/24.**



Source: Havering Adult Social Care

- In 2023/24, 35 residents with mental health or learning disability were receiving care in nursing placements and 120 residents in residential placements (Table 10). More than 460 clients with LD or MH were in direct payment and 230 were receiving supported living accommodation and 241 received Homecare placement.<sup>239</sup>
- Average residential home placement cost has risen by +£167 per week as compared to 2022-23, and supported living by +£200 per week (due to the higher complexity of need and other factors)<sup>244</sup>

<sup>237</sup>[https://www.kingsfund.org.uk/insight-and-analysis/long-reads/what-are-health-inequalities?gad\\_source=1&gclid=CjwKCAiAtsa9BhAKEiwAUZAszfqqH7ftjnS5tRvg24xHtfo2zu3jOrjeddaNZ2iGVNEeO9bOOXWCnBoC9uqQAvD\\_BwE](https://www.kingsfund.org.uk/insight-and-analysis/long-reads/what-are-health-inequalities?gad_source=1&gclid=CjwKCAiAtsa9BhAKEiwAUZAszfqqH7ftjnS5tRvg24xHtfo2zu3jOrjeddaNZ2iGVNEeO9bOOXWCnBoC9uqQAvD_BwE)

<sup>238</sup><https://www.gov.uk/government/publications/better-mental-health-jsna-toolkit/2-understanding-place>

<sup>239</sup>NHS England, NELCA and Havering GPs continue to improve cancer screening coverage, reduce health inequalities by improving access to those with Severe Mental Illness (SMI) and Learning Disability.

- In 2022/23, the percentage of adult social care users who had as much social contact as they would like (43.0%) was higher than the London average (39.7%) but similar to the England average (44.4%)<sup>240</sup>
- In Havering, the percentage of adult social carers who had as much social contact as they would like - (25.3%) was lower than both London (27.5%) and England (28.0%) averages.<sup>245</sup>
- According to 2021 census, 9.2% of Havering residents aged 5 years and over were unpaid carers which was higher than the London average (7.7%) and similar to England average (9.6%).<sup>241</sup>

**Table 10: ASC Support Packages 18-64, 23/24.**

Service Type	Count	Service Type	Count
Assistive tech	243	Home care	241
Re-ablement	131	Direct Payment	464
Transport	118	Nursing Care	35
Equipment	240	Residential care	120
Shared lives	15	Supported living	233
Shared lives respite	10	Extracare	20
Nursing Respite	2	Residential respite	11
Others	3	Day care	155

Source: ASC demographics

### Service Gaps /Unmet Needs

Demand and intensity of need is known to be increasing year on year hence challenging for services to be sustainable within available funding.

### Recommendations

- Some of the learning disability are preventable through early and better pregnancy care, better maternity services, mental health care, tackling poverty and improving lifestyle.
- Population health management (PHM) approach should be used to identify the preventable and avoidable risk factors for the requirement of care packages; and to

<sup>240</sup> <https://fingertips.phe.org.uk/profiles>

<sup>241</sup> <https://www.nomisweb.co.uk/>

recommend most effective mental health and physical support interventions, including the use of technology for better and efficient care.

- Partners should embrace the role of technology for better and efficient care.
- Service users and carers should be offered JoyApp and other support to reduce social isolation.
- System partners should implement carers strategy to support informal and unpaid carers.

DRAFT





## Ageing Well

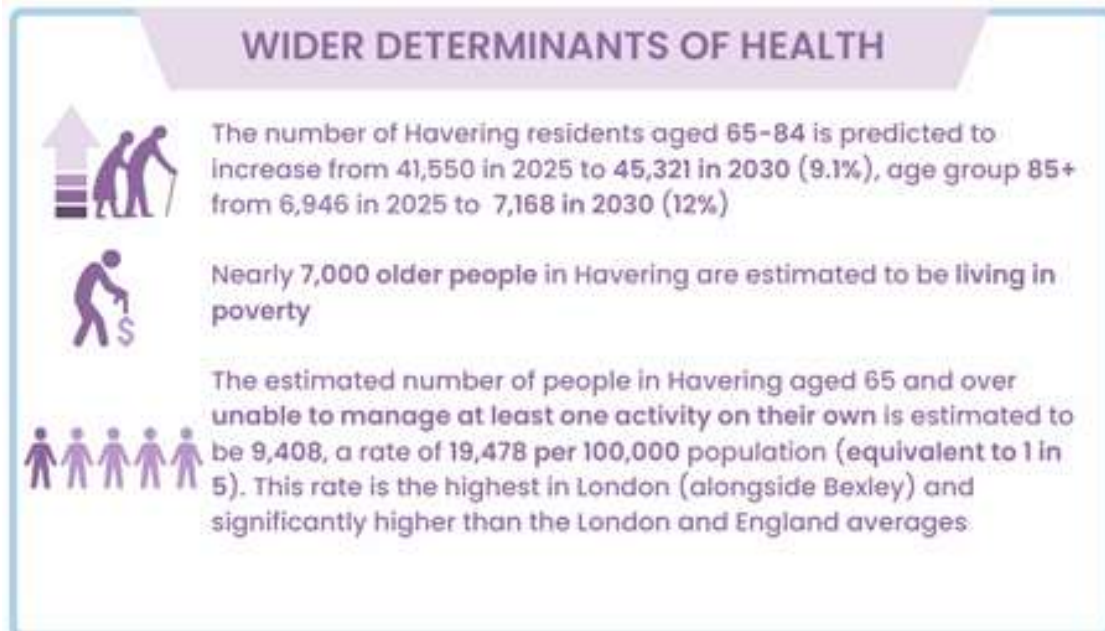




## 5. Ageing Well

### 5.1 Infographic Summary

#### *Wider Determinants of Health*



#### *Places & Communities*



## *Lifestyle & Behaviours / Healthy Ageing*

### LIFESTYLE & BEHAVIOURS



In 2023/24, all Havering PCNs achieved the bowel screening coverage target of 60%. Nonetheless, latest available data on cancer staging (2019-21, NDRS) found that nearly 70% of rectal cancers and over 50% of colon cancers in Havering were diagnosed in later stages



Havering has around 8,061 residents who are recorded to be frail. Havering South PCN (3,758), Liberty PCN (1,587) and Havering North PCN (1,530) have the highest number of patients of age 65+ who have a frailty diagnosis



In 2023/24, the Havering coverage of both pneumococcal and shingles vaccines was above the London and England averages. Flu vaccine coverage of those aged 65 and over was 72.7% (below England average 77.8%)

## *Integrated Health & Social Care*

### INTEGRATED HEALTH AND SOCIAL CARE



The percentage of Havering residents aged 75 years and over having emergency admissions within 30 days of discharge (20.8%) in 2023/24 was slightly higher than London (19.1%) and England (17.2%) averages. However, 87.3% of those age 65 and over remained at home 91 days after discharge from hospital.



In 2023/24, the percentage of patients with delayed discharge from BHRUT hospitals (53%) was similar to the London average



There are an estimated 3,121 people with Dementia in Havering. In 2024, the number of people diagnosed was 1,757. A further 335 people need to be diagnosed to meet the national diagnosis target of 67%



In 2023/24, 4,483 Havering residents aged 65 years and over received support in form of 6,655 care packages from Havering Adult Social Care



In 2021/22, 282 Havering residents aged 65 years and over were admitted permanently to residential or nursing care homes. This was the third highest number in London



60% of the Havering adult social care service users aged 65 years and over are overall extremely or very satisfied compared to 54.9% for service users in London and 61.8% for service users in England

## 5.2 Key Findings and Recommendations

### Key findings

#### Wider Determinants of Health

- 1 in 8 people aged 66 and above in Havering live in one-person households which is half of all one-person households.<sup>242</sup> This is the highest proportion among London boroughs (London average 9.1%) alongside Bexley (12.8%).
- Nearly 7,000 older people are estimated to be living in poverty in Havering.<sup>243</sup>
- The estimated number of people in Havering aged 65 and over unable to **manage at least one activity on their own** is estimated to be 9,408, a rate of 19,478 per 100,000 population (equivalent to 1 in 5). This rate is the highest in London (alongside Bexley) and significantly higher than the London and England averages

#### Places & Communities

- 9.2% of our population are unpaid carers and 51% of them were providing unpaid care 20 hours or more hours a week.
- The prevalence of osteoporosis among those 50 years and over in Havering in 2022/23 (0.9%) was higher than London average (0.6%).
- Havering's rate of **hip fractures** in people aged 65 and over was higher among women (618 per 100,000) than men (330 per 100,000).

#### Lifestyle & Behaviours / Healthy Ageing

- All Havering PCNs achieved the **bowel screening** coverage target of 60%. Nonetheless, latest available data on cancer staging (2019-21, NDRS) found that nearly 70% of rectal cancers and over 50% of colon cancers in Havering were diagnosed in later stages.
- Havering has around 8,061 residents recorded as **frail**. Havering South PCN (3,758), Liberty PCN (1,587) and Havering North PCN (1,530) have the highest number of patients of age 65+ who have a frailty diagnosis.
- In 2023/24, Havering's coverage of both pneumococcal and shingles vaccines was above the London and England averages. Flu **vaccine coverage for residents aged 65 years and over** was 72.7%, below England average (77.8%).

#### Integrated Health & Social Care

- The percentage of Havering's 75+ year olds having **emergency admissions within 30 days of discharge** (20.8%, indirectly standardised) is slightly higher than London average (19.1%) and higher than England average (17.2%). However, 87.3% of those age 65 and over **remain at home 91 days after discharge from hospital** to re-ablement or rehabilitation services.
- The percentage of patients with **delayed discharge** from BHR UT (53%) in 2023/24 was similar to the London average. The percentage of delayed discharges (74.6%) was highest in February of the same year.
- There are an estimated 3,121 people with Dementia in Havering. In 2024, the number of people diagnosed was 1,757. A further 335 people need to be diagnosed to meet the

<sup>242</sup><https://democracy.havering.gov.uk/documents/s72056/JSNA%20Demography%20Chapter%202023%20v0.3A.pdf>

<sup>243</sup><https://democracy.havering.gov.uk/documents/s72056/JSNA%20Demography%20Chapter%202023%20v0.3A.pdf>



national diagnosis target of 67% whereas Havering's rate is currently 56.3%, which is below both London and England average rates.

- In 2023/24, 4,483 residents aged 65 years and over were receiving support from Havering **Adult Social Care (ASC)**. 1,504 were male and 2,979 were female. Altogether they received 6,655 care packages.
- In 2023/24, around 900 clients entered into the Havering ASC service and 550 died in the service. The increase in numbers, intensity and average cost resulted in overall increase in adult social care cost by London Borough of Havering.
- In 2021/22, 282 Havering residents of aged 65 years and over were admitted permanently to **residential or nursing care homes**. This was the third highest number in London and equivalent to a rate of 606 per 100,000 which is significantly above the London (401/100,000) and England (539/100,000) average.
- The percentage of adult social care users aged 65 years and over who have as much social contact as they would like in Havering in 2022/23 was 36.7% which was similar to London average (35.7%) but lower than England average (41.5%).
- In 2023/24, among Havering residents aged 65 years and over who needed a placement (3,160), most were under homecare placements (1,697), which has the lowest **cost per placement** (£20,171 per annum) but the highest percentage increase in per unit cost.
- In Havering, supported living has the highest average annual placement cost (£65,410 per annum) closely followed by nursing placement (£61,352) and residential care (£53,409). The increase in the number of users is highest with supported living and residential care. The intensity of need has become higher as the cost of 1:1 services more than tripled in 3 years (£2.52M in 2021 to £8.23M in 2023/24).
- 60% of the services users of adult social care aged 65 years and over in Havering are overall **extremely or very satisfied** compared to 54.9% for service users in London and 61.8% for service users in England.

## Recommendations

- Working with voluntary care sector, the members of the HWB to support the implementation of poverty reduction strategy and reduce health inequalities among older people.
- Havering Dementia Operational Working Group working with NELFT and
- Admiral nurses to maintain efforts to further increase the completeness of dementia diagnosis, and improve access to the information and support for patients and their families
- Ageing Well Group members to support efforts to tackle social isolation in general, but particularly amongst older residents, as part of wider efforts to improve the mental health and independence of older people. Mental health services must be made more accessible for older people who needs them.
- Adequate nutrition for older people, falls risk assessment and physical activity to improve bone strength and balance should be promoted by Ageing Well Group members through relevant channels and voluntary care sector.
- Ageing Well group to ensure that patients at risk of falls, deconditioning and moderate to severe frailty are systematically identified, using population health management approach; effectively supported by the local partners to stay well; or receive urgent additional help in times of crisis.
- NHS England, ICB and PCNs to build on the effective partnerships established during the pandemic to maintain and further improve uptake of flu, covid, pneumococcal and zoster vaccines.
- Older people with bowel cancer symptoms should be investigated by GPs appropriately.
- Effective frailty pathway is supported by HWB partners to avoid A&E presentation and hospital admissions, and further deterioration of independence and wellbeing.

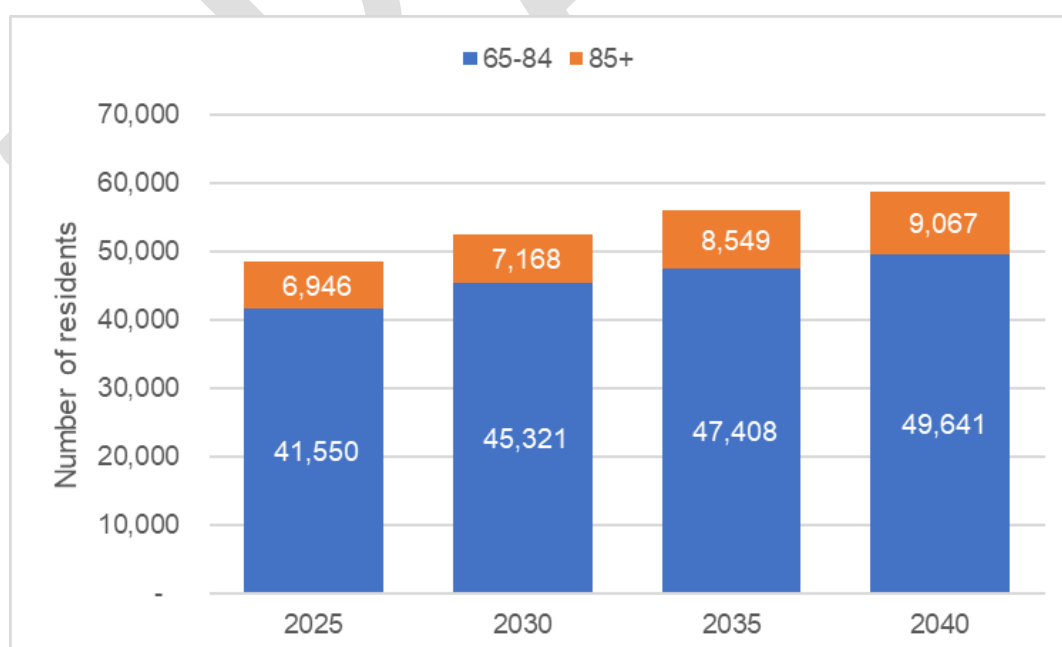


- Services tailored to the patients' needs such as community re-ablement services should be used to facilitate and sustain hospital discharge.
- Residents in care homes should have their needs assessed and addressed by good practice such as the **Enhanced Health in Care Homes (EHCH)** model avoid unnecessary unplanned and admissions to hospital.
- Population Health Management approach and evidence around effective and cost-effective social care should be used to limit the rise in the intensity of need in social care, and to inform strategies to empower older residents to live independently for longer.
- Hospital Discharge and LAS pathway to be managed differently with new models and good practice to limit demand on both health and social care. (e.g., ward-based re-ablement, social worker in hospitals, falls prevention, enhanced re-ablement)
- Current high level of care quality of the ASC must be maintained to achieve lower level of deterioration of health and dignity.
- HWB partners to support the implementation of carers strategy.

### 5.3 Introduction

The latest GLA projections (2024) indicate that the largest increases in population will occur among older people (age groups 65 years and above). Age group 65-84 is predicted to increase from 41,550 in 2025 to 47,408 in 2035 (14%), age group 85+ from 6,946 in 2025 to 8,549 in 2035 (23%). The 65+ population will increase by over 3,993 in the next 5 years (Figure 44).

**Figure 44: Havering residents aged 65 years and over population projections, 2025-2040**



Source: GLA 2022-based housing-led population projections, Produced by LBH PHI

As is the case for the population as a whole, cancers and CVD are the big killers in old age, together with dementia.

The conditions that cause the bulk of ill health for the population as a whole, mental conditions, long-term conditions (LTCs), and musculoskeletal condition (MSK), also contribute most to the frailty together with dementia.

Infections, falls, social isolation and cognitive impairment are a few of the potentially preventable or modifiable risk factors that contribute to the development of frailty; others include alcohol excess; visual and hearing impairment, mood problems, nutritional compromise, physical inactivity, polypharmacy<sup>244</sup> and smoking. Learning disability and physical disability continue to contribute towards needing care packages.

Someone with moderate frailty has three times the annual risk of urgent care utilisation, death and care home admission than an older person of the same age who is not frail.<sup>245 246</sup>

There is strong evidence that an early diagnosis helps someone with dementia to continue to live independently in his or her own home for longer. Havering's dementia diagnosis rate is one of the lowest in London.

Research suggests that, where possible, people prefer to stay in their own home rather than move into residential care settings.<sup>247</sup>

Falls, social isolation and cognitive impairment are a few of the potentially preventable or modifiable risk factors that contribute to the development of frailty; others include alcohol excess; functional impairment, hearing problems, mood problems, nutritional compromise, physical inactivity, polypharmacy, smoking, and vision problems.

## 5.4 Wider Determinants of Health

### Key Findings

- Havering's population of persons aged 65-84 years is predicted to increase from 39,226 in 2021 to 47,894 in 2031 (22%), age group 85+ from 7,051 in 2021 to 7,864 in 2031 (12%).
- Nearly 7,000 older people are estimated to be living in poverty in Havering.
- The estimated number of people in Havering aged 65 and over unable to manage at least one activity on their own is estimated to be 9,408, a rate of 19,478 per 100,000 population (equivalent to 1 in 5). This rate is the highest in London (alongside Bexley) and significantly higher than the London and England averages.
- The prevalence of osteoporosis among Havering residents aged 50 years and over in 2022/23 (0.9%) was higher than the London average (0.6%).
- In 2022/23, there were 255 hip fractures among Havering residents aged 65 and over. This is equivalent to a rate of 508 per 100,000 which is similar to the London average (502 per 100,000). The rate of hip fractures in people aged 65 and over was higher among women (618 per 100,000) than men (330 per 100,000).

<sup>244</sup> Polypharmacy refers to the use of multiple medications. WHO defines polypharmacy as 'the routine use of five or more medications. This includes over-the-counter, prescription and/or traditional and complementary medicines used by a patient'.

<sup>245</sup> <https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2019/07/frailty-toolkit-june-2019-v1.pdf>

<sup>246</sup>

<sup>247</sup> <https://yougov.co.uk/topics/politics/trackers/most-popular-forms-of-elderly-care>

## Recommendations

- Working with voluntary care sector, the members of the HWB should support the implementation of poverty reduction strategy and reduce health inequalities among older people.
- Adequate nutrition for older people, falls risk assessment and physical activity to improve bone strength and balance should be promoted through relevant channels and voluntary care sector.

### 5.4.1 Life Expectancy

In 2020-22, the life expectancy at age 65 years in Havering was 18.2 years for males, which was similar to the London (18.3) and England (18.4) averages. Among females it was 20.6 years which was lower than the London average (21.3) but similar to England's average (20.9).<sup>248</sup>

But nearly half of these years are often affected by disability. The latest data shows that in 2018-2020 period, disability-free life-expectancy for Havering residents at age 65 was 10.8 years for females and 9.8 years for males.<sup>254</sup>

The conditions that cause the bulk of ill health for the population as a whole – mental illness, long-term conditions (LTCs), and musculoskeletal (MSK) conditions also contribute most to the burden of disease in old age alongside dementia.<sup>249</sup>

All things being equal, older people experience more ill health and have greater need for health and social care than other age groups, with the oldest residents having the greatest need. It follows that population ageing will significantly increase the need for health and care services unless we do better in preventing ill-health.<sup>250</sup> This conclusion is very clearly illustrated by comparisons between life expectancy and healthy life expectancy at age 65, and a research paper that showed the significance of older age on hospital admissions<sup>251</sup>.

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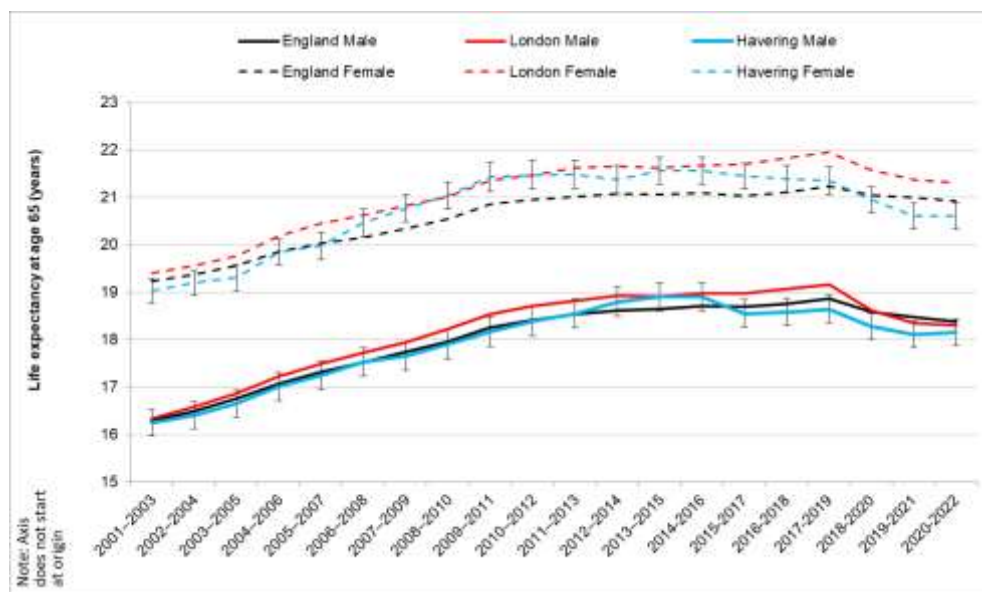
<sup>248</sup><https://fingertips.phe.org.uk/profiles>

<sup>249</sup><https://pubmed.ncbi.nlm.nih.gov/25468153/>

<sup>250</sup><https://democracy.havering.gov.uk/documents/s72056/JSNA%20Demography%20Chapter%202023%20v0.3A.pdf>

<sup>251</sup><https://pmc.ncbi.nlm.nih.gov/articles/PMC5318571/pdf/bmjopen-2016-014045.pdf>

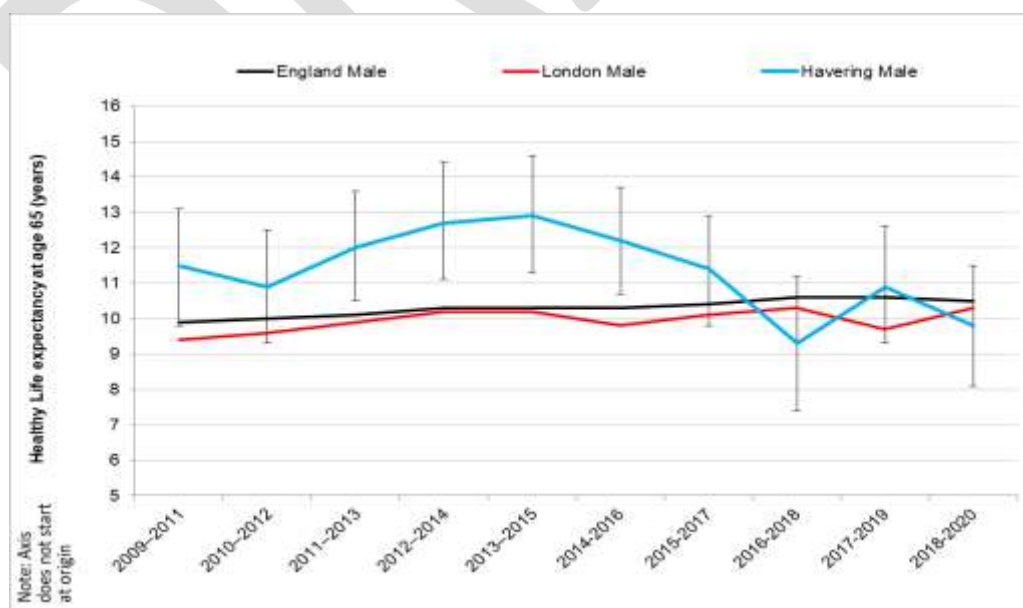
**Figure 44: Life expectancy at age 65 years, by gender, Havering compared to London and England, 3 year rolling periods 2001-2022**



Source: OHID, Produced by LBH PHI

In addition, Havering is expected see an increase in persons aged 65 and over with limiting long term illness whose day-to-day activities are limited a lot from 12,081 in 2023 to 14,201 in 2035 (8.6%), a lower increase than London (13.2%) but higher than England (-10.4%).<sup>252</sup>

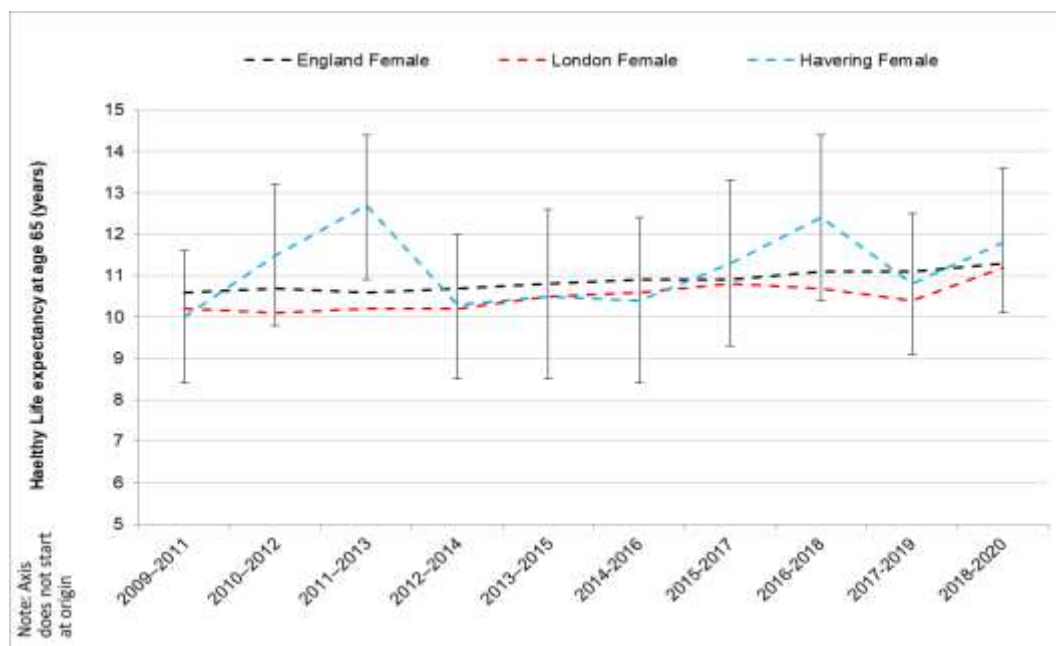
**Figure 45: Healthy life expectancy at age 65 years, males, Havering compared to London and England, 3 year rolling periods 2009/11 – 2018/20**



Source: OHID, Produced by LBH PHI

<sup>252</sup><https://www.haveringdata.net/joint-strategic-needs-assessment/>

**Figure 46: Healthy life expectancy at age 65 years, females, Havering compared to London and England, 3 year rolling periods 2009/11 – 2018/20**



Source: OHID, Produced by LBH PHI

A greater focus on the prevention of ill health throughout life is crucial if we are to improve healthy life expectancy and quality of life in later life and maintain the sustainability of health and care services as the population becomes progressively older.

#### 5.4.2 Deprivation

The Income Deprivation Affecting Older People Index (IDAOPI) measures the proportion of all those aged 60 or over who experience income deprivation. 11.7% of those aged 60 and over in Havering (6,895 in number) experienced income deprivation in 2019, compared to 14.2% in England. Havering is among the London boroughs with the lowest proportion of older people living in poverty (11.7%). However, nearly 7,000 older people are estimated to be living in poverty in Havering.<sup>253</sup>

#### 5.4.3 Fuel Poverty

PHE estimated that 1 in 10 excess winter deaths are directly attributable to fuel poverty<sup>254</sup>. In Havering 9.3% of households are affected by fuel poverty, a lower percentage than London (11.9 %) and England (13.1 %).

#### 5.4.4 Excess Winter Deaths

Death rates among Havering residents aged 85 and above was about 5.2% higher during the winter months of 2021/22. Havering's winter mortality index was lower than the London (10.3%) and England (8.1%) averages during the same winter period. The bulk of excess

<sup>253</sup><https://www.poppi.org.uk/>

<sup>254</sup>[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/355790/Briefing7\\_Fuel\\_poverty\\_health\\_inequalities.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/355790/Briefing7_Fuel_poverty_health_inequalities.pdf)



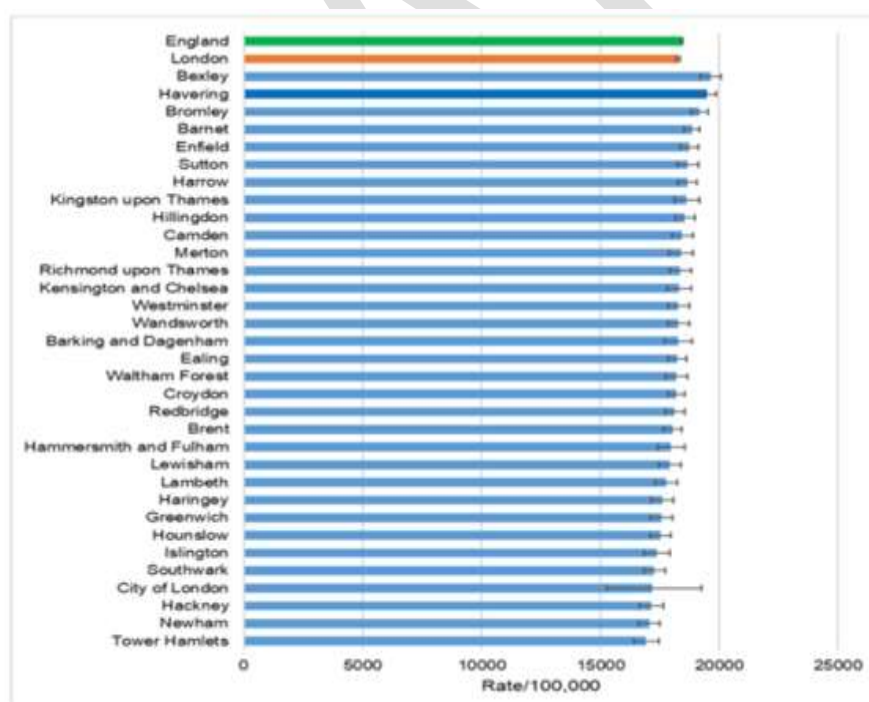
winter deaths result from respiratory conditions, some linked to flu infection; dementia and CVD (heart disease and stroke).<sup>255</sup>

### 5.4.5 Independent living

The estimated number of people in Havering aged 65 and over unable to manage at least one activity on their own is estimated to be 9,408, a rate of 19,478 per 100,000 population (equivalent to 1 in 5). This rate is the highest in London (alongside Bexley) and significantly higher than the London and England averages (See Figure 47). This number is predicted to increase to 10,192 by 2030 if no additional interventions are implemented.

Two-thirds of people who survive a stroke find themselves living with a disability.<sup>256</sup> In 2023/24, 4,484 Havering residents were living with stroke. Stroke is a leading cause of adult disability in the UK. Visual and hearing impairment could make an older person lose balance and confidence to live and be mobile independently. In 2023, 4,040 Havering residents of age 65+ were estimated to have severe hearing loss and 4,398 to have moderate to severe visual impairment.

**Figure 47: Estimated Population aged 65+ unable to manage at least one activity on their own, 2023**



Source: POPPI, Produced by LBH PHI

## Service Gaps / Unmet Needs

<sup>255</sup><https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/excesswintermortalityinenglandandwales/2019to2020provisionaland2018to2019final>

<sup>256</sup><https://www.stroke.org.uk/stroke/support/materials/rebuilding-lives/stroke-research-means-everything#:~:text=Stroke%20is%20a%20leading%20cause,themselves%20living%20with%20a%20disability.>

Increasing older people population requires services to be planned for future demand and prevention strategies to limit the rise in demand.

## Recommendations

- Working with voluntary care sector, the members of the HWB should support the implementation of poverty reduction strategy and reduce health inequalities among older people.
- Adequate nutrition for older people, falls risk assessment and physical activity to improve bone strength and balance should be promoted by the ICB and Ageing Well Group members through relevant channels and voluntary care sector.

## 5.5 Places & Communities

### Key Findings

- About 12.7% (12,838) of the Havering population aged 66 years and above were living in one-person households, occupying almost half (48%) of all one-person households in Havering (2021). This is the highest proportion among London boroughs (London average 9.1%) alongside Bexley (12.8%).
- 7.9% of Havering's population are unpaid carers and 51% of them provide unpaid care for 20 hours or more hours a week.
- The percentage of adult carers (65+ years) who have as much social contact as they would like (22.7%) is lower than both London (27.7%) and England (28.8%) averages.

### Recommendations

- Residents in care homes should have their needs assessed and addressed by good practice such as the Enhanced Health in Care Homes (EHCH) model to avoid unnecessary unplanned admissions to hospital.
- HWB partners should support the implementation of the Havering's carers strategy.
- HWB partners should support efforts to tackle social isolation in general, but particularly amongst older residents, as part of wider efforts to improve the mental health and independence of older people. Mental health services should be made more accessible for older people who need them.

### 5.5.1 Social Connectivity

#### ***Social isolation among older people***

Isolation can become a real issue if older people feel that they cannot access shops and services, or simply connect with other people. UK based surveys show that people can feel lonely at any stage of life, but that the experience is most severe among older people. Social networks shrink with retirement and the associated reduction in income may limit social activities. Additional contributory factors for loneliness in old age include: the loss of a loved one; health conditions that precipitate disability and loss of mobility; and caring responsibilities. According to census 2021, about 12.7% (12,838) of the Havering population aged 66 years and above were living in one-person households, occupying almost half (48%) of all one-

person households in Havering. This is the highest proportion among London boroughs (London average 9.1%) alongside Bexley (12.8%).<sup>257</sup>

Projecting Older People Population Information (POPPI) estimate a higher number of persons aged 65 and over in Havering currently living alone (16,432) and predict that the number will increase to 17,451 by 2030 (Table 11).

**Table 11: Population aged 65 and over in Havering predicted to live alone, 2025 – 2040**

	2025	2030	2035	2040
Total population aged 65-74 predicted to live alone	5,916	6,611	7,030	6,943
Total population aged 75 and over predicted to live alone	10,516	10,840	11,638	12,815
<b>Total</b>	<b>16,432</b>	<b>17,451</b>	<b>18,668</b>	<b>19,758</b>

Source: POPPI

Successful interventions to tackle social isolation reduce the burden on health and social care services; as such, they are typically cost-effective.<sup>258</sup>

### 5.5.2 Carers Support

Evidence shows that 30% of older carers experience depression at some point.<sup>259</sup> The percentage of adult carers (65+ years) in Havering who have as much social contact as they would like (22.7%) is lower than both London average (27.7%) and England average (28.8%).

### 5.5.3 Falls, osteoporosis and hip fracture

Falls are the most common cause of death from injury in the over 65s. A third of people over 65, and half of people over 80, fall at least once a year.<sup>260</sup> Falls are the number one factor precipitating a person losing independence and going into long-term care.

Havering's age standardised rate of emergency hospital admissions due to falls for persons aged 65 and over in 2022/23 (1,655 per 100,000) was lower than both London (2,071 per 100,000) and England (3,130 per 100,000) averages. Nonetheless, close to 830 emergency admissions due to falls were recorded in 2022/23 of which 550 were for persons aged 80 years and over.

Hip fracture is a particularly serious consequence of falls especially among those with osteoporosis, malnutrition, weak muscle strength, sensory impairment and frailty. One in three people with a hip fracture dies within a year. Osteoporosis among older people especially women increases the risk of hip fractures. The [prevalence of osteoporosis](#) among Havering residents aged 50 years and over in 2022/23 (0.9%) was higher than the London average (0.6%). In the same year, there were 255 hip fractures among people aged 65 and over. This was a rate of 508 per 100,000 which was similar to London average (502 per 100,000) but better than the England average (558 per 100,000). The rate of hip fractures in people aged

<sup>257</sup><https://www.poppi.org.uk/>

<sup>258</sup>[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/461120/3a\\_Social\\_isolation-Full-revised.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/461120/3a_Social_isolation-Full-revised.pdf)

<sup>259</sup>[https://www.ageuk.org.uk/siteassets/documents/policy-positions/health-and-wellbeing/ppp\\_mental\\_health\\_england.pdf](https://www.ageuk.org.uk/siteassets/documents/policy-positions/health-and-wellbeing/ppp_mental_health_england.pdf)

<sup>260</sup><https://publichealthmatters.blog.gov.uk/2014/07/17/the-human-cost-of-falls/>

65 and over was higher among women (618 per 100,000) as compared to men (330 per 100,000)<sup>261</sup>.

Falls are not an inevitable consequence of ageing; the risk of falling and the harm caused can be reduced. One-third of people over 65 will fall at least once a year. Most falls occur on flat surfaces; falls on the stairs or in the bathroom are relatively rare. Older women tend to fall in the house and older men in the garden. In 'care homes', many falls occur on the way to or from the toilet. Only one in a hundred falls results in a hip fracture, but one-fifth cause serious injury.<sup>262</sup> The Falls and Fragility Fractures Pathway<sup>263</sup> defines the core components of an optimal service for people who have suffered a fall or are at risk of falls and fragility fractures. The pathway involves residents, carers, voluntary care sectors; and focuses on the three priorities for optimisation:

- Falls prevention
- Detecting and Managing Osteoporosis
- Optimal support after a fragility fracture

Adequate nutrition for older people, falls risk assessment and physical activity to improve bone strength, muscle strength and balance reduces the risk of falls significantly and can be facilitated through accessible communication channels and voluntary care sector.

Havering Falls Group aims to embed a preventative approach to reduce the number of older people who have falls, so more people are supported to remain independent at home, with fewer avoidable attendances and admissions to Emergency Departments due to falls. They do this by:

- Early identification of those at risk of first time falls and taking steps to reduce this risk
- Increasing uptake of men attending falls exercise classes by developing tailored classes, in suitable community locations
- Improving communication flow between care homes/ home care providers and hospital to ensure all organisations have the most up to date information on the individual on admission and discharge from hospital
- Providing tailored training and support to care homes and home care providers to manage risk of falls and respond appropriately when someone falls.
- Exploring cost effective use of telecare, equipment and AI to prevent falls in care homes and in individual's own home.

## Recommendation

Residents in care homes have their needs assessed and addressed by good practice such as the Enhanced Health in Care Homes (EHCH) model avoid unnecessary unplanned and admissions to hospital.

<sup>261</sup><https://fingertips.phe.org.uk/profiles>

<sup>262</sup><https://pmc.ncbi.nlm.nih.gov/articles/PMC1281399/>

<sup>263</sup><https://www.england.nhs.uk/rightcare/products/pathways/falls-and-fragility-fractures-pathway/>

## 5.6 Life Style & Behaviours / Healthy Ageing

### Key Findings

- All Havering PCNs achieved the bowel screening coverage target of 60% (in 2023/24). Nonetheless, latest available data on cancer staging (2019-21, NDRS) found that nearly 70% of rectal cancers and over 50% of colon cancers in Havering were diagnosed in later stages.
- Havering has around 8,061 residents who are currently recorded as frail. Havering South PCN (3,758), Liberty PCN (1,587) and Havering North PCN (1,530) have the highest number of patients aged 65 years and over who have a frailty diagnosis.
- In 2023/24, Havering's coverage of both pneumococcal and shingles vaccines was above the London and England averages. Flu vaccine coverage among persons aged 65 years and over was below the England average.

### Recommendations

- The ICS partners should build on the effective partnerships established during the pandemic to maintain and further improve uptake of flu, covid, pneumococcal and zoster vaccines.
- Adequate nutrition for older people, falls risk assessment and physical activity to improve bone strength and balance should be promoted through relevant ICS channels and voluntary care sector.
- Ensure that patients at risk of falls, deconditioning and moderate to severe frailty are systematically identified, using population health management approach; effectively supported by the local partners to stay well; or receive urgent additional help in times of crisis.

### 5.6.1 Health Screening

#### **Bowel Cancer Screening**

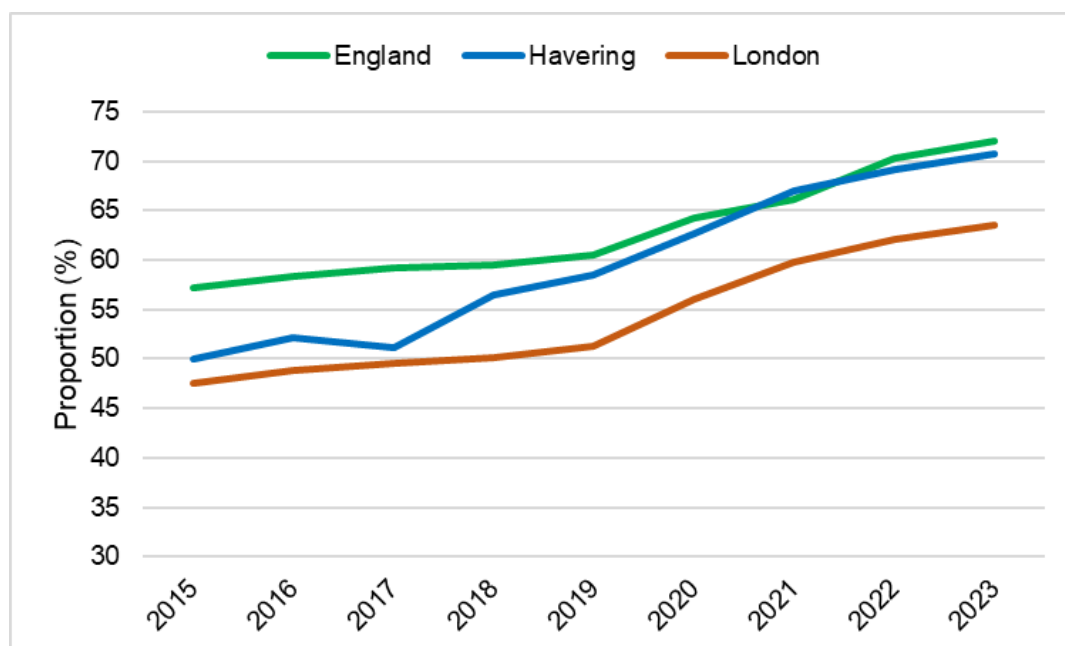
Havering residents who are of age 54-74 (formerly 60-74) receive home testing kits every 2 years. Those aged over 75 can request a home testing kit every 2 years; target coverage is set at 60%. Bowel screening detects approximately 10% of bowel cancer.

Latest data (2023) shows that Havering had a coverage of 70.7% which was above London (63.5%) and NEL ICB (61.3%) averages. All Havering PCNs achieved the coverage target of 60%. Nonetheless, latest available data on cancer staging (2019-21) found that nearly 70% of rectal cancers and over 50% of colon cancers in Havering were diagnosed in later stages, highlighting a requirement to achieve above the screening programme's target (60%) and to have better awareness for early recognition so that home test kits can be requested.

The PCNs are working to increase FIT (Faecal Immunochemical Test) testing outside the bowel screening programme because GP referrals were the main source of bowel cancer diagnosis and bowel cancers occurred more outside the screening eligible age group than in the screening eligible age group.



**Figure 48: Bowel Cancer screening coverage, Havering, London & England, 2015-2023**

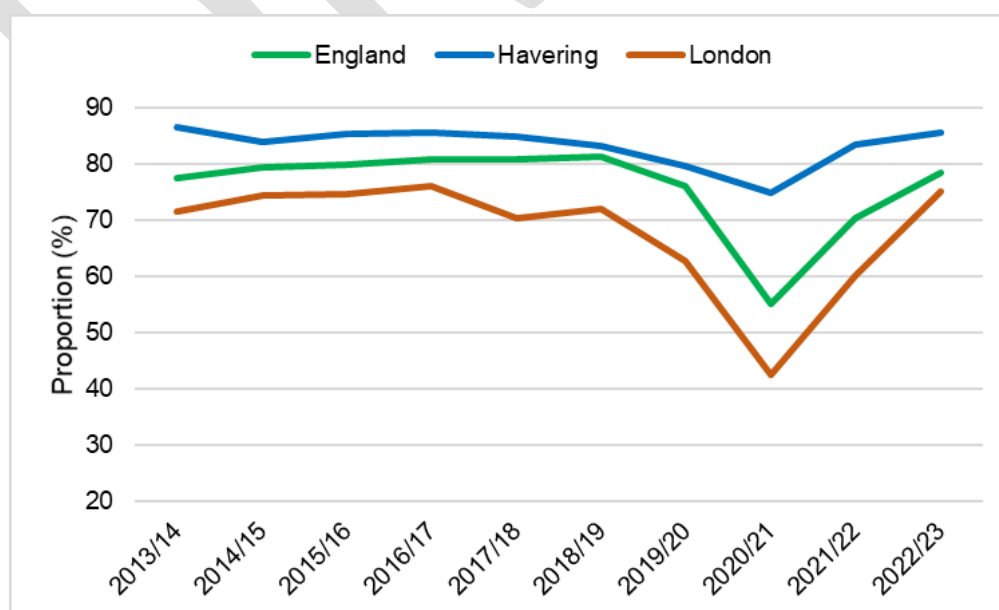


Source: OHID, Produced by LBH PHI

### ***Abdominal aortic aneurysm (AAA) Screening coverage***

Abdominal aortic aneurysm (AAA) screening is offered to men in the year they turn 65. Havering's AAA screening coverage in 2022/23 was 85.6%, the highest among London boroughs and significantly higher than the England average (78.3%).

**Figure 49: AAA Screening Coverage, Havering, London & England, 2013/14 – 2022/23**



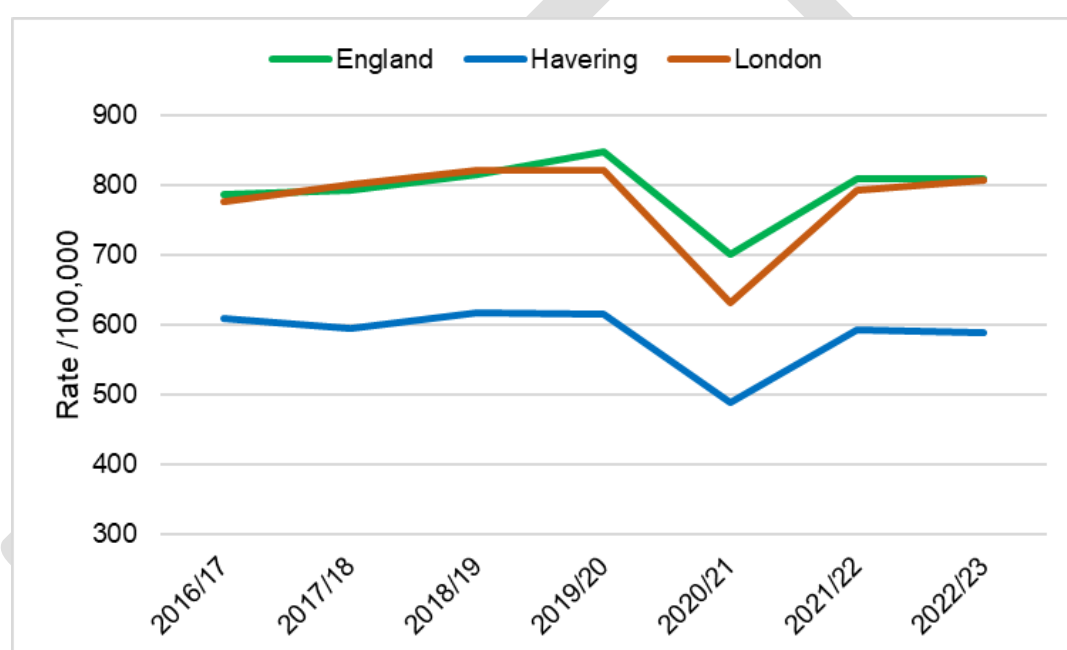
Source: OHID, Produced by LBH PHI

### 5.6.2 Alcohol related hospital admissions

Alcohol consumption is a contributing factor to hospital admissions and deaths from a diverse range of conditions. As people age, changes in their bodies, as well as in their physical and mental health, may cause alcohol to affect them differently than when they were younger and put them at greater risk for negative consequences. Understanding how alcohol affects the health of older adults can help them and their health care providers make informed decisions about their health and well-being.

In 2022/23, the rate of admissions due to alcohol related conditions for persons aged 65 and over in Havering (590/100,000) was lower than the London (808/ 100,000) and England (810/100,000) averages.<sup>264</sup>

**Figure 50: Rate of Admissions due to alcohol related conditions for persons aged 65 and over in Havering, 2015 – 2023**



Source: OHID, Produced by LBH PHI

### 5.6.3 Frailty

Frailty is a particular state of health experienced by a significant minority of older people. Being frail can mean that a relatively minor problem results in disproportionate and prolonged harm to health and wellbeing. For example, someone with moderate frailty has three times the annual risk of urgent care utilisation, death and care home admission than an older person of the same age who is not frail.<sup>265</sup>

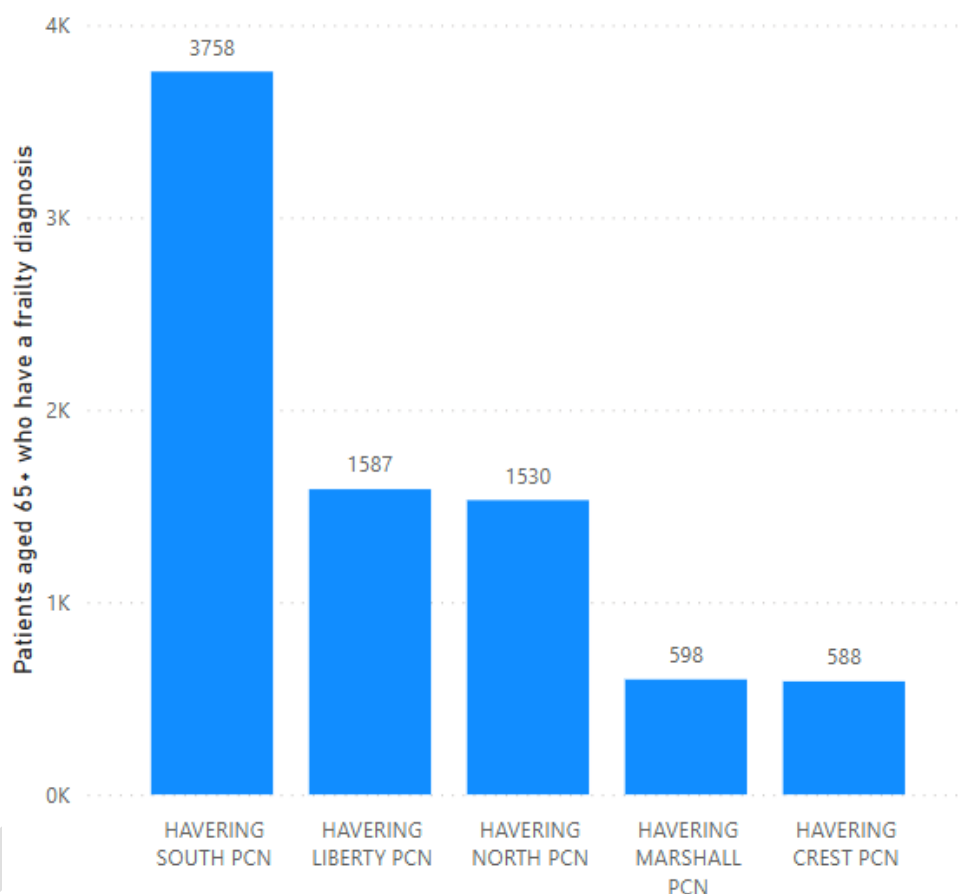
As of June 2024, Havering has around 8,061 residents who were recorded as frail. Havering South PCN (3,758), Liberty PCN (1,587) and Havering North PCN (1,530) have the highest number of patients aged 65 years and over who have a frailty diagnosis (Figure 52). In

<sup>264</sup><https://fingertips.phe.org.uk/profiles>

<sup>265</sup><https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2019/07/frailty-toolkit-june-2019-v1.pdf>

Havering, 4,418 patients were also recorded to have had a stroke and living with the consequences.

**Figure 51: Havering patients aged 65+ who have a frailty diagnosis by PCN, as at June 2024**



Source: [NHS Digital](#)

A comprehensive approach to minimise the harm caused by frailty<sup>266</sup> includes:

- comprehensive prevention as described above
- population-based stratification to systematically identify people who are living with moderate and severe frailty by using tools such as eFrailty index
- coupled with targeted support to help older people living with frailty to stay well and live independently for as long as possible including:
- Community multidisciplinary teams – focused on the moderate frailty population who are most amenable to targeted proactive interventions to reduce frailty progression and unwarranted secondary care utilisation.
- Urgent Community Response – crisis response and community recovery for older people who are at risk of unwarranted stay in hospital admission and whose needs can be met more effectively in a community setting.

Havering Liberty PCN provides proactive care for housebound older adults living with frailty. A team of Advanced Clinical Practitioners from different professions are visiting older adults

<sup>266</sup><https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/>

living with frailty in their own homes. Reflecting the multifactorial nature of frailty, they complete a full and holistic assessment of health, social and psychological needs. They build and work in a multi-disciplinary team (MDT) of professionals from across NHS, social care and voluntary sector agencies around the patient to maximise their ability to age well in their own homes. The initiative will be evaluated and is anticipated to reduce falls and unplanned admissions and improve long-term condition stability. Carers gave early feedback as below:

*'This has allowed my partner and I to live independently now.'*

*'I now have more free time for myself, as I am in full-time employment as well as being a carer.'*

#### 5.6.4 Multimorbidity and polypharmacy

Over our lifetime we accumulate diagnoses, such that many people experience old age as a state of multimorbidity.<sup>267</sup> According to the 2019 NHS data, 27.1% of female population and 21% of male population in Havering were recorded to have two or more chronic conditions and these percentages were higher than England averages of 22.9% (female) and 17.5 % (male).

Efforts to manage multimorbidity can lead to polypharmacy. In some instance, polypharmacy generates yet more prescribing for example when medication is required to manage the side effects of existing drugs or when side effects are wrongly interpreted as new conditions.

Sometimes the complexity is such that the balance between the risks inherent in treatment and the benefits arising can be misplaced so that patients are exposed to harm. Deprescribing, the discontinuation of medications in a systematic and considered manner, can serve to restore the desired balance between benefits and harm. Multidisciplinary teams, including pharmacists and nurse specialists can help. Deprescribing requires a thoughtful explanation to patients and carers. Deprescribing is not about restricting the access of some people to healthcare, but instead an acceptance of the limitations of medicines in some situations. Prescribing fewer drugs is not the same as offering less care.

#### 5.6.5 Immunisation

Pre-pandemic, there was strong evidence that flu vaccination reduced excess winter deaths among the elderly. The benefit of flu vaccination is likely to be greater still while coronavirus is circulating, as patients with SARS-CoV-2 and influenza virus co-infection are around twice as likely to die<sup>268</sup> as people with SARS-CoV-2 alone.<sup>269</sup>

The flu vaccine is recommended for adults aged 65 and above, and people with certain long-term conditions including diabetes and chronic respiratory conditions, who are at increased risk of severe complications and death from flu.

Havering's flu vaccination coverage for adults aged 65 and over (72.7%) was better than in the London average (65.9%), but worse than the England average. Coverage is again below the 75% target, having achieved the target during the pandemic period (2020-2022), perhaps related to wider awareness raising in the context of the Covid vaccination programme.

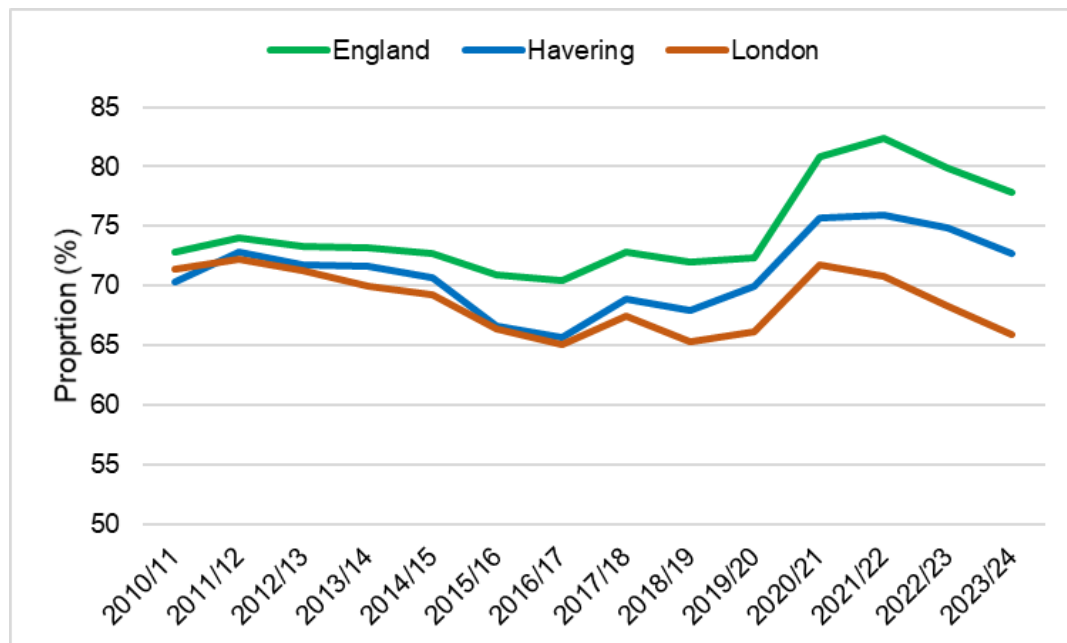
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<sup>267</sup><https://www.bgs.org.uk/blog/more-is-less-and-less-is-more-breaking-the-cycle-of-polypharmacy-with-deprescribing>

<sup>268</sup>Odds ratio 2.27 (95% Confidence Interval 1.23 to 4.19)

<sup>269</sup><https://pubmed.ncbi.nlm.nih.gov/33942104/>

**Figure 52: Influenza vaccination coverage for aged 65 and over, Havering, London & England, 2010/11 – 2023/24**



Source: OHID, Produced by LBH PHI

To prevent severe complications and excess winter deaths from respiratory illness, adults aged 65 and above are recommended to have a single dose of pneumococcal vaccine, and an annual seasonal flu vaccine. Since September 2023 shingles vaccination is also offered to people aged 65 years, having previously been recommended for adults aged 70-79.

Coverage of both pneumococcal and shingles vaccines was above the London and England averages in 2022/23:

- Pneumococcal vaccination coverage: Havering 74.4%; London 67.2%; England 71.8%
- Shingles vaccination coverage: Havering 57.4%; London 40.8%; England 48.3%

### Service Gaps / Unmet Needs

Bedbound and housebound patients require additional resources to receive vaccination.

### Recommendation

Havering PCNs should build on the effective partnerships established during the pandemic to maintain and further improve uptake of flu, covid, pneumococcal and zoster vaccines.



## 5.7 Integrated Health & Social Care

### Key Findings

- There are an estimated 3,121 people with Dementia in Havering. In 2024, the number of people diagnosed was 1,757. Havering's diagnosis rate is currently 56.3%, which is below both London and England average rates.
- A further 335 people need to be diagnosed with dementia to meet the national diagnosis target of 67%.
- In 2021/22, 282 Havering residents aged 65 years and over were admitted permanently in residential or nursing care homes. This was the third highest number in London, equivalent to a rate of 606 per 100,000 which is significantly above the London (401/100,000) and England (539/ 100,000) averages.

### Recommendations

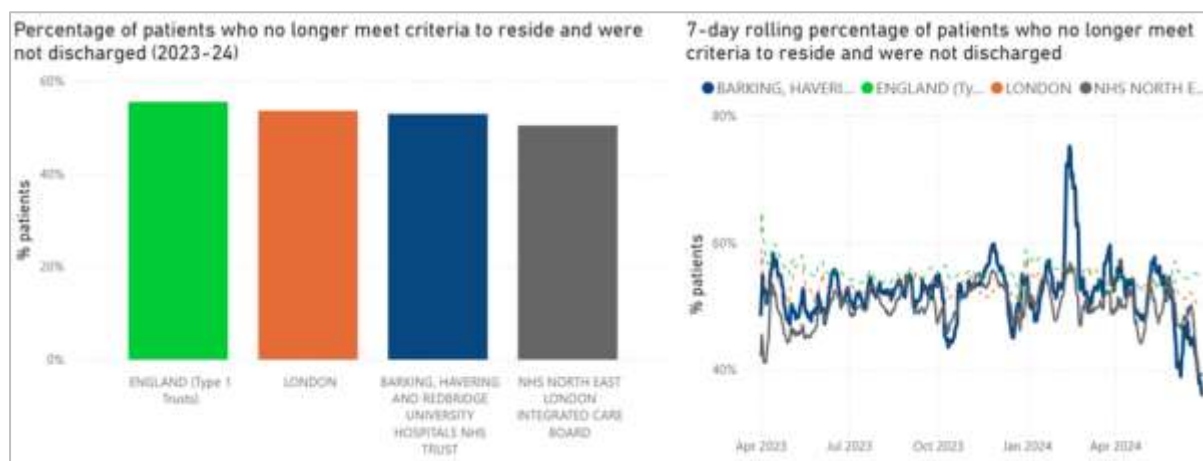
- NEL ICB and partners should ensure older people with bowel cancer symptoms are investigated appropriately.
- Ageing Well subgroup members and partners should facilitate the empowerment of older people so that they can live independently in their own homes with appropriate care, support and social connectivity by:
  - Developing a multidisciplinary approach around PCNs
  - Raising the importance of social connectivity, nutrition, physical activity, polypharmacy, and falls prevention
  - Frailty prevention and intervention including St George's hub
  - Prevention of first time falls and better use of technology for prevention
  - Re-ablement pathways and innovation around early intervention
- Havering PCNs should build on the effective partnerships established during the pandemic to maintain and further improve uptake of flu, covid, pneumococcal and zoster vaccines.
- Havering Dementia Working Group should continue with efforts to further increase the completeness of dementia diagnosis, and improve access to information and support for patients and their families.
- Hospital Discharge and LAS pathway to be managed differently with new models and good practice to limit demand on both health and social care. (e.g., community-based re-ablement, social worker in hospitals, falls prevention, enhanced re-ablement)
- The current high care quality provided by Havering ASC should be maintained to achieve lower level of deterioration of patient's health and dignity.

### 5.7.1 Unplanned care

Although essential in some circumstances, hospital admission entails significant risks to the continuing independence of older people, as a short period of inactivity can result in a disproportionately large decline in physical ability. There is strong evidence that provision of re-ablement services after admission improves function and hence independence.<sup>270</sup>

<sup>270</sup><https://www.scie.org.uk/integrated-care/intermediate-care-reablement/reablement-guide/#:~:text=The%20benefits%20of%20reablement&text=It%20has%20also%20been%20found,of%20traditional%20care%20subsequently%20required.>

**Figure 53: Delayed transfer of care from hospital to the community, BHRUT, London & England, 2023/24**



Source: NHS England

The percentage of patients with delayed discharge from BHRUT (53%) in 2023/24 was similar to London average, lower than England average (55%) but higher than NEL ICS (50%). The rate of delay in discharges (75%) was highest in February.

The percentage of 75+ year olds having emergency admissions within 30 days of discharge (20.8%, indirectly standardised) is slightly higher than London average (19.1%) and higher than England average (17.2%). However, 87.3% of those aged 65 and over remained at home 91 days after discharge from hospital to re-ablement or rehabilitation services. This highlights the success of continuing care upon discharge and a need for pre-discharge assessment and ward re-ablement.

There were 1,620 Havering residents who used re-ablement services in 2023/24. 77.8% were White and 87.3% were of age 70 and over reflecting Havering's older people population (Table 12). Nonetheless 62.8% were female and 37.2% were male as female service users were over presented in every age group (Table 13).

**Table 12: Ethnicity of Havering residents who use re-ablement services, 2023/24**

Ethnicity	Number	%
Asian	45	2.8%
Black	25	1.5%
Mix/other	6	0.4%
No data	284	17.5%
White	1,260	77.8%
<b>TOTAL:</b>	<b>1,620</b>	

Source: ASC, LBH.

**Table 13: Age and gender of Havering residents who use re-ablement services, 2023/24**

Gender	20-29	30-39	40-49	50-59	60-69	70-79	80-89	>90	Total
Female	75% (*)	78% (*)	57% (12)	52% (24)	60% (67)	62% (217)	62% (421)	67% (266)	63% (1017)
Male	25% (*)	22% (*)	43% (*)	48% (22)	40% (44)	38% (134)	38% (257)	34% (134)	37% (603)
<b>Total</b>	100% (*)	100% (*)	100% (21)	100% (46)	100% (111)	100% (351)	100% (678)	100% (400)	100% (1620)

\*numbers less than 5 were suppressed

Source: ASC, LBH.

### 5.7.2 Dementia, delirium and mental health among older people

An early diagnosis of dementia can help people take control of their condition; plan for the future; potentially benefit from available treatments and make the best of their abilities. There is strong evidence that an early diagnosis helps someone with dementia to continue to live independently in his or her own home for longer.<sup>271</sup> 3,121 people are estimated to be living with dementia in Havering. In 2024, the number of people diagnosed is 1,757. A further 335 people need to be diagnosed to meet the national diagnosis target of 67% from Havering's current diagnosis (56.3%) (Table 14), which is below both London and England rates.

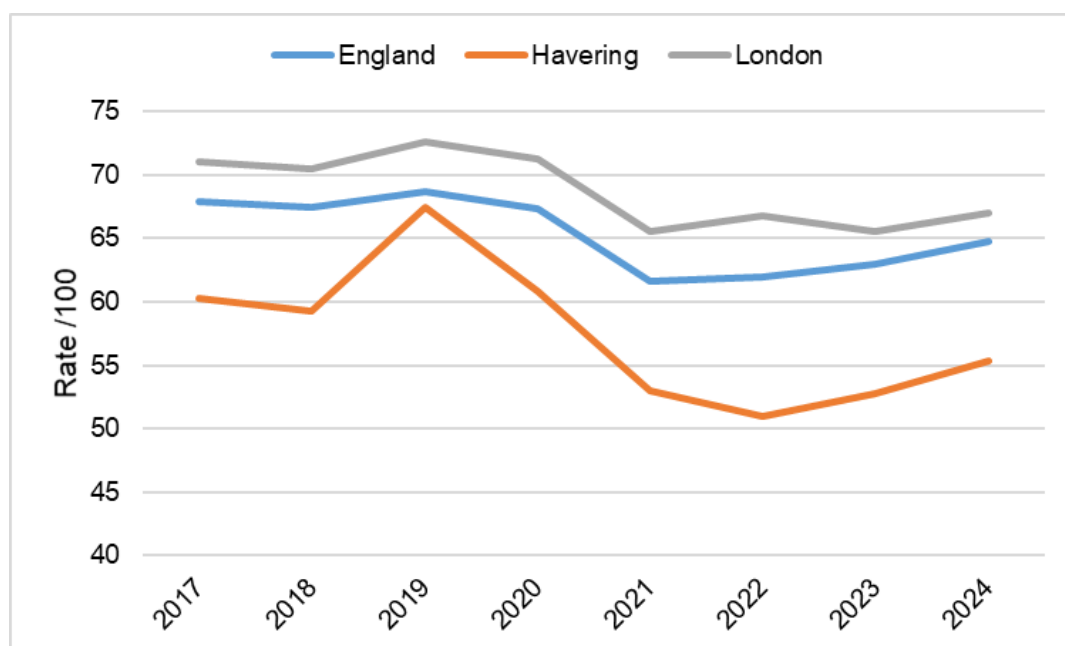
**Table 14: Dementia diagnosis, GP recorded and estimated figures, 2024**

Area	Estimated*	Recorded	Gap to 67% target	Dx Rate (%)	UL Dx Rate	LL Dx Rate
England	726,391	472,198	14,484	65	70.5	58.6
London	75,736	50,972	-229	67.3	73	60.4
B&D	1,385	859	69	62	68.7	54.4
Hackney	1,376	923	-1	67.1	74.3	58.6
Havering	3,121	1,757	334	56.3	61.6	50.2
Newham	1,662	963	150	58	64.3	50.5
Redbridge	2,779	1,788	74	64.3	70.5	57.2
Tower Hamlets	1,233	912	-86	74	82	64.7
Waltham Forest	2,009	1,139	207	56.7	62.5	50

Source: NHS England, June 2024. \*NHSE estimates are different from POPPI estimates.

<sup>271</sup><https://www.scie.org.uk/dementia/symptoms/diagnosis/early-diagnosis.asp>

**Figure 54: Estimated Dementia diagnosis rate for persons aged 65 and over, Havering, London and England, 2017 - 2024.**



Source: OHID, Produced by LBH PHI.

POPPI estimates a much larger local prevalence and they also include projected numbers up to 2040 (Table15).

**Table 15: People aged 65 and over predicted to have dementia, by age, projected to 2040, LB Havering.**

	2023	2025	2030	2035	2040
People aged 65-69 predicted to have dementia	209	220	244	249	237
People aged 70-74 predicted to have dementia	326	326	369	408	421
People aged 75-79 predicted to have dementia	620	631	565	647	721
People aged 80-84 predicted to have dementia	756	789	965	875	1,006
People aged 85-89 predicted to have dementia	878	878	893	1,105	1,049
People aged 90 and over predicted to have dementia	967	967	1,026	1,120	1,368
Total population 65 and over predicted to have dementia	3,756	3,810	4,060	4,404	4,800

Source: [www.poppi.org.uk](http://www.poppi.org.uk) version 14.2.

Sudden confusion (delirium) can have many causes. Infection e.g. a urinary tract infection is a common cause of confusion in elderly people and people with dementia. Confusion can also result from a variety of medical conditions, drug side effects and head injury. The cause of many cases of delirium can be treated and recurrence prevented. New onset confusion



requires urgent investigation and the responsible clinician should talk to someone who knows the person well and knows what has happened to them recently.<sup>272</sup>

Research shows 75% of people aged 65+ have experienced significant anxiety or low mood at least once since turning 65, with 10% feeling this frequently or all the time.<sup>273</sup> Within this cohort, particular groups are at higher risk of mental health difficulties including those in nursing homes, with long-term physical conditions and disabilities.

There is a high prevalence of mental health issues in older people so Comprehensive Geriatric Assessment is not complete without addressing both mood and cognition. Care that looks at a 'whole person' and that is undertaken by a geriatric MDT is the gold standard approach so as not to miss either physical or mental health conditions. Depression often co-exists with physical illness or dementia. In addition, the health of an older person can also be adversely impacted by hazardous drinking of alcohol.

The most common mental health condition in older people is depression, affecting 22% of men and 28% of women aged 65 or over, followed by anxiety.<sup>274</sup> 40% of older people who are living in care homes have depression; 30% of older carers experience depression at some point; and older people going through a bereavement are up to four times more likely to experience depression than older people who haven't been bereaved.<sup>275</sup>

Older people living with dementia may struggle to express how they are feeling which also increases the difficulty of diagnosis.<sup>276</sup> Dementia can also trigger mental health problems, with estimates suggesting that 20-40% of people living with dementia are depressed.<sup>277</sup> It is important that older people are able to access services which are appropriate for their needs.<sup>278</sup> A target was set in 2011 to increase the proportion of older people referred to IAPT (Improving Access to Psychological Therapies) services to 12%. However, the proportion of IAPT service users who are over 65 has remained stable at or below 7%, despite this age group making up 18% of the population.<sup>279</sup>

### 5.7.3 Social Care

In 2024, 4,483 residents aged 65 years and over were receiving support from Havering Adult Social Care. 1,504 were male and 2,979 female. Overall they received 6,655 care packages. In 2023/24, around 900 clients entered into the Havering ASC service. 550 clients unfortunately died in the service. Not only has the number of service users increased, there has also been an increase in the intensity of need as evident by the rise in one-to-one care costs. Some clients also need more than two people to support them.

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<sup>272</sup><https://cks.nice.org.uk/topics/delirium/>

<sup>273</sup><https://academic.oup.com/ageing/article/42/5/598/18032?login=true>

<sup>274</sup><http://www.hscic.gov.uk/pubs/hse05olderpeople>

<sup>275</sup>[https://independent-age-assets.s3.eu-west-1.amazonaws.com/s3fs-public/2018-04/Good report.pdf](https://independent-age-assets.s3.eu-west-1.amazonaws.com/s3fs-public/2018-04/Good%20report.pdf) Grief

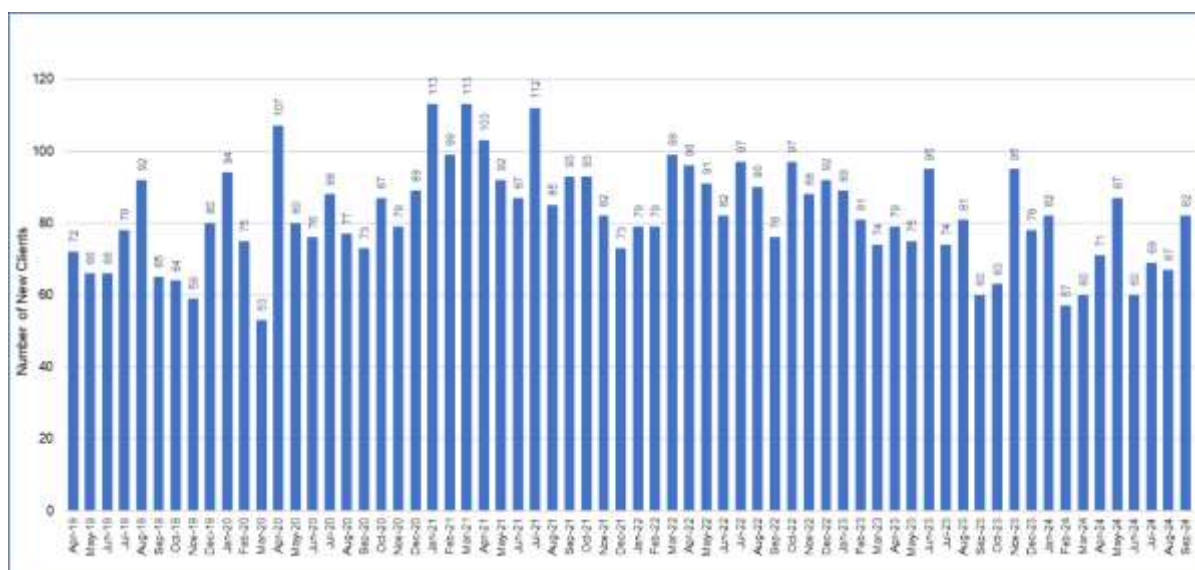
<sup>276</sup><https://www.bgs.org.uk/sites/default/files/content/attachment/2018-09-12/Depression%20among%20older%20people%20living%20in%20care%20homes%20report%202018.pdf>

<sup>277</sup><https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/depression>

<sup>278</sup><https://www.cambridge.org/core/journals/bjpsych-advances/article/interface-between-general-adult-and-old-age-psychiatry/CE00434266EF2CE393903E705EFB5192>

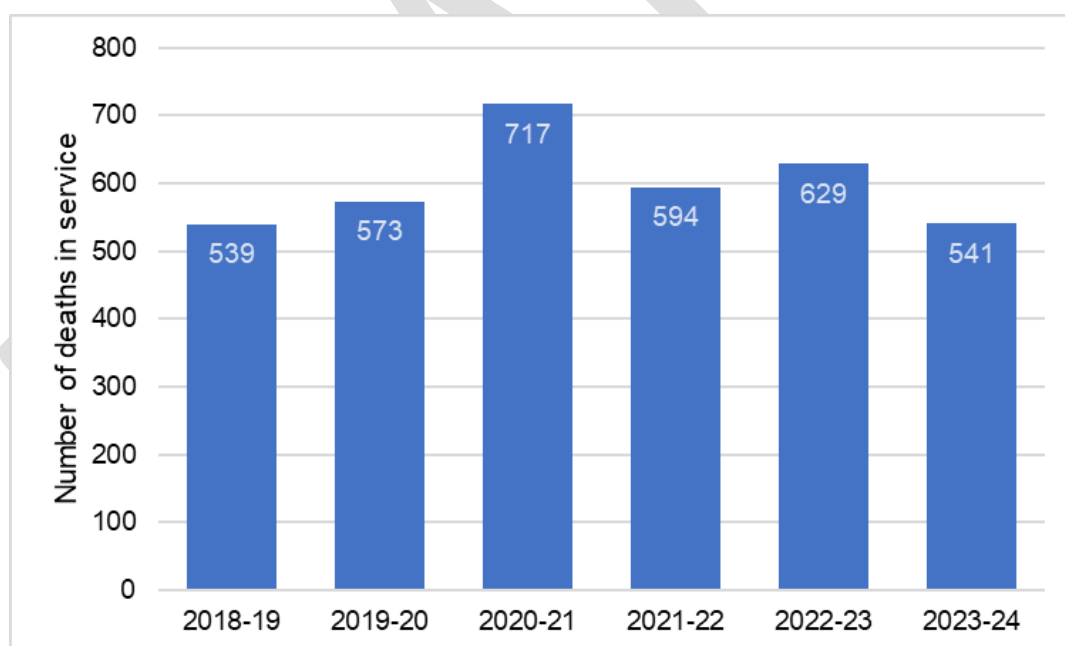
<sup>279</sup><https://pubmed.ncbi.nlm.nih.gov/29704904/>

**Figure 55: Number of Havering Adult Social Care clients. 2023/24**



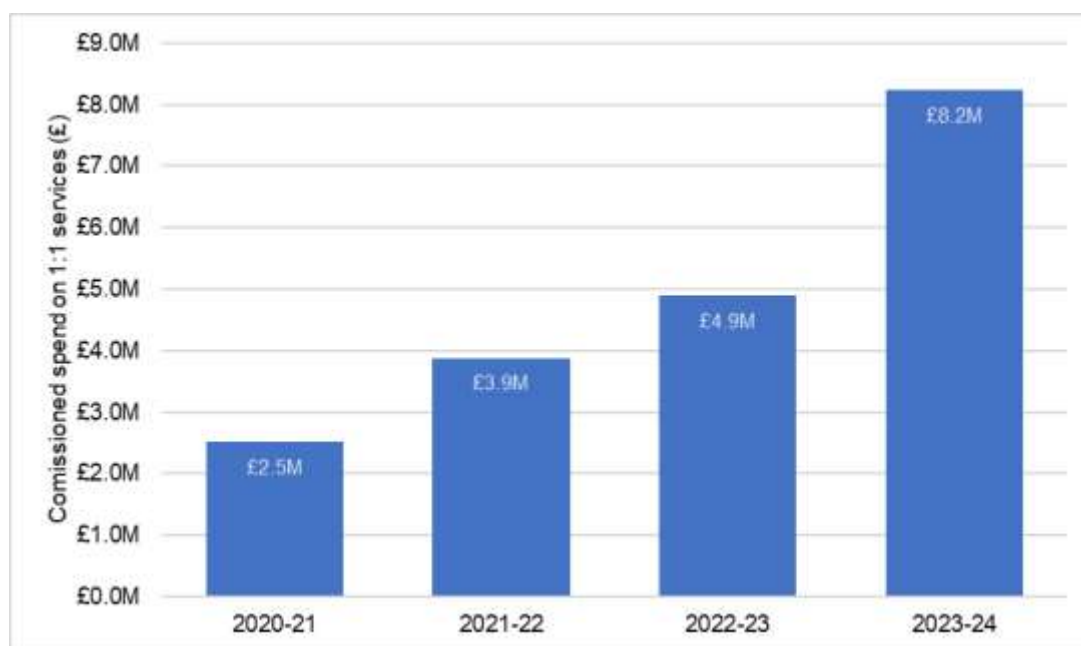
Source: LBH, ASC

**Figure 56: Number of deaths in service, Havering Adult Social Care, 2018/19 - 2023/24**



Source: LB Havering ASC

**Figure 57: Commissioned spend on 1:1 services, Havering Adult Social Care, 2020/21 - 2023/24**



Source: LB Havering ASC

### ***Adult Social Care Placements and average cost of each placement type***

3,160 Havering residents aged 65 years and over needed a placement in 2023/24. Most were under homecare placements (1,697), which has the lowest cost per placement (£20,171 per annum) (Table 16) but also the highest percentage increase in per unit cost. Supported living had the highest average annual placement cost (£65,410 per annum) closely followed by nursing placement (£61,352) and residential care (£53,409). The increase in the number of users was highest with supported living and residential care. The intensity of need has become higher as the cost of 1:1 services more than tripled in 3 years (£2.52M in 2021 to £8.23M in 2023/24).

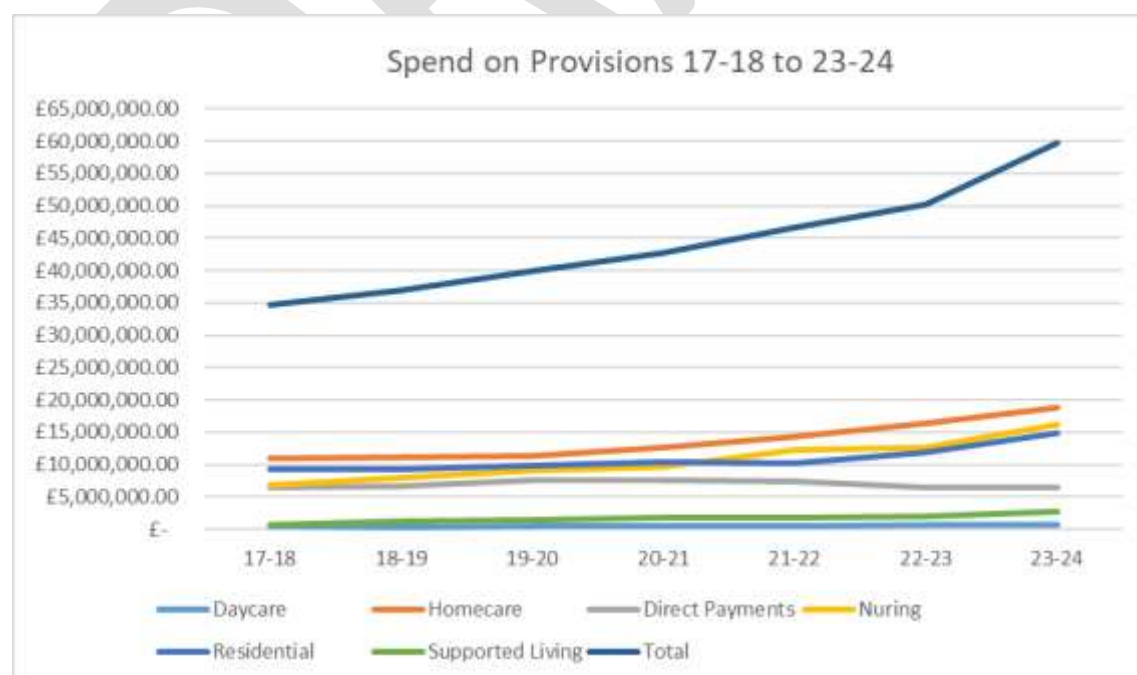
**Table 16: Number of clients and average cost per placement, 2023/24**

Key Metrics and Assumptions	No. of clients	Cost per placement (average annual)
Nursing Placements	410	£61,352
Residential Placements	484	£53,409
Homecare Placements	1,697	£20,171
Direct Payments	406	£23,265
Supported Living	52	£65,410
Day Care	110	£10,894

Source: LBH, ASC

Average weekly cost of every provision has increased year on year except supported living. The increase in numbers, intensity and average cost has resulted in overall increase in adult social care cost by London Borough of Havering.

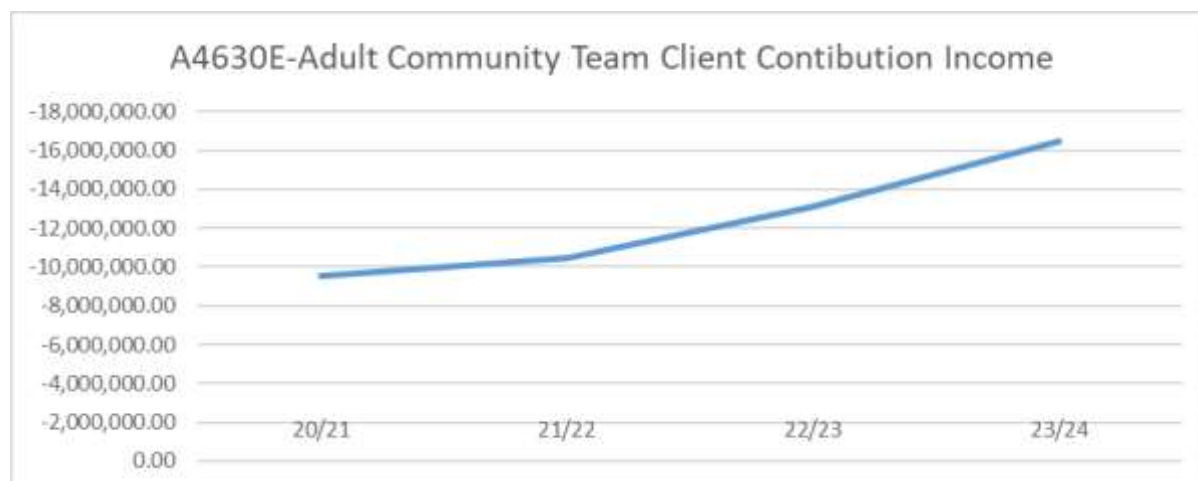
**Figure 58: Spend on provisions, Havering Adult Social Care, 2017/18 - 2023/24**



Source: LB Havering ASC

Clients' contributions are also rising due to increase in expenditure in most care needs.

**Figure 59: Adult community team client contribution income, Havering Adult Social Care, 2020/21 - 2023/24**



Havering hosts the highest number of care home beds in the BHR system.

**Table 20: Care home beds, number and rate (per 100,000 people aged 75+), 2021**

Area	Number	Rate
LBBD	718	8.0
LB Havering	1,834	8.0
LBR	1,379	7.7
London	35,435	7.1
England	458,955	9.4

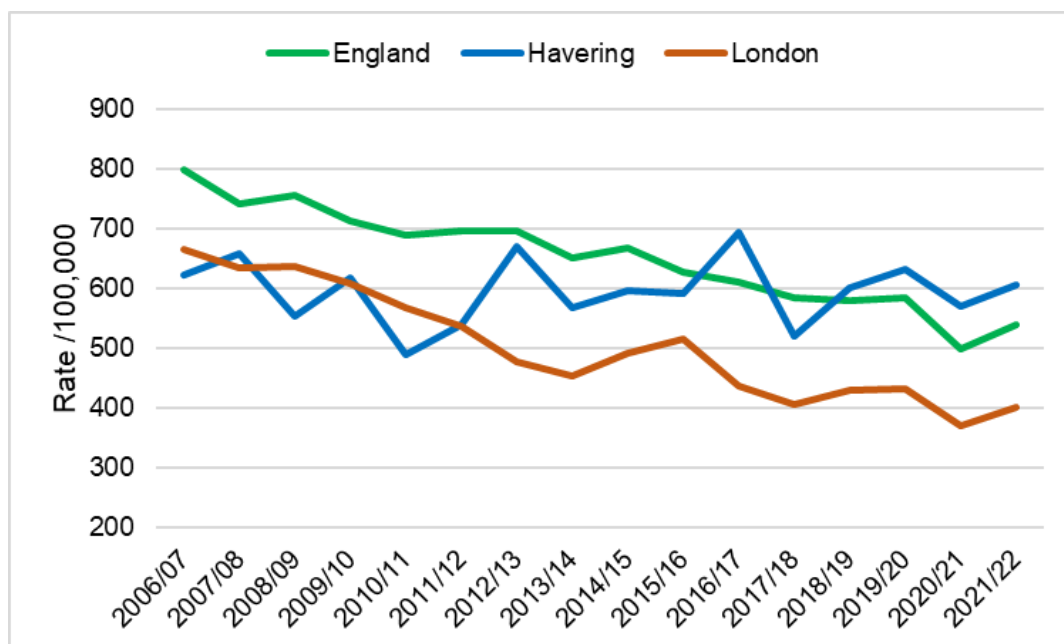
Source: Care Quality Commission (CQC) and Office for National Statistics (ONS)

Evidence shows that, where possible, older people prefer to stay in their own home rather than move into residential care.<sup>280</sup> In 2021/22, 282 Havering residents aged 65 years and over were admitted permanently to residential or nursing care homes. This was the third highest number in London and equivalent to a rate of 606 per 100,000 population. This rate is significantly above the London (401/100,000) and England (539/100,000) averages where the rate has been slowly dropping unlike among Havering residents.

<sup>280</sup><https://personalalarms.org/cost-of-living-crisis-impact-on-elderly-care-based-decisions>



**Figure 60: Permanent admissions to care homes per 100,000 aged 65+, Havering, London and England, 2006/7 – 2021/22.**



Source: OHID, Produced LBH PHI

Nonetheless, the proportion of people using social care who received self-directed support, and those receiving direct payments (98.2%) was higher than London average (96.3%) and England average (93.2%). Studies have shown that direct payments increase satisfaction with services and are the purest form of personalisation. The Care Act places personal budgets on a statutory footing as part of the care and support plan. Nationally, one in seven people aged 85 and above live in a care home.

It is crucial that residents in care homes are having their needs assessed and addressed as well as they could be, this may avoid unnecessary unplanned and admissions to hospital. The Enhanced Health in Care Homes (EHCH) model is designed to put this right.

### ***Social contact of service users***

The percentage of Havering adult social care users aged 65 years and over who had as much social contact as they would like in 2022/23 was 36.7% which was similar to London average (35.7%) but lower than England average (41.5%).

### ***Service user satisfaction - adult social care (age 65+)***

60% of Havering adult social care service users aged 65 years and over are overall extremely or very satisfied compared to an average rate of 54.9% in London and 61.8% in England.

### **Service Gaps / Unmet Needs**

Increasing demand, complexity and costs meant current provision at the current quality of care may not be sustainable without additional funding.

### **Recommendation**

Population health management (PHM) approach should be used by social care and public health to identify the avoidable risk factors for learning disability and other care packages; and to recommend most effective mental health and physical support interventions, including the use of technology for better and efficient care.

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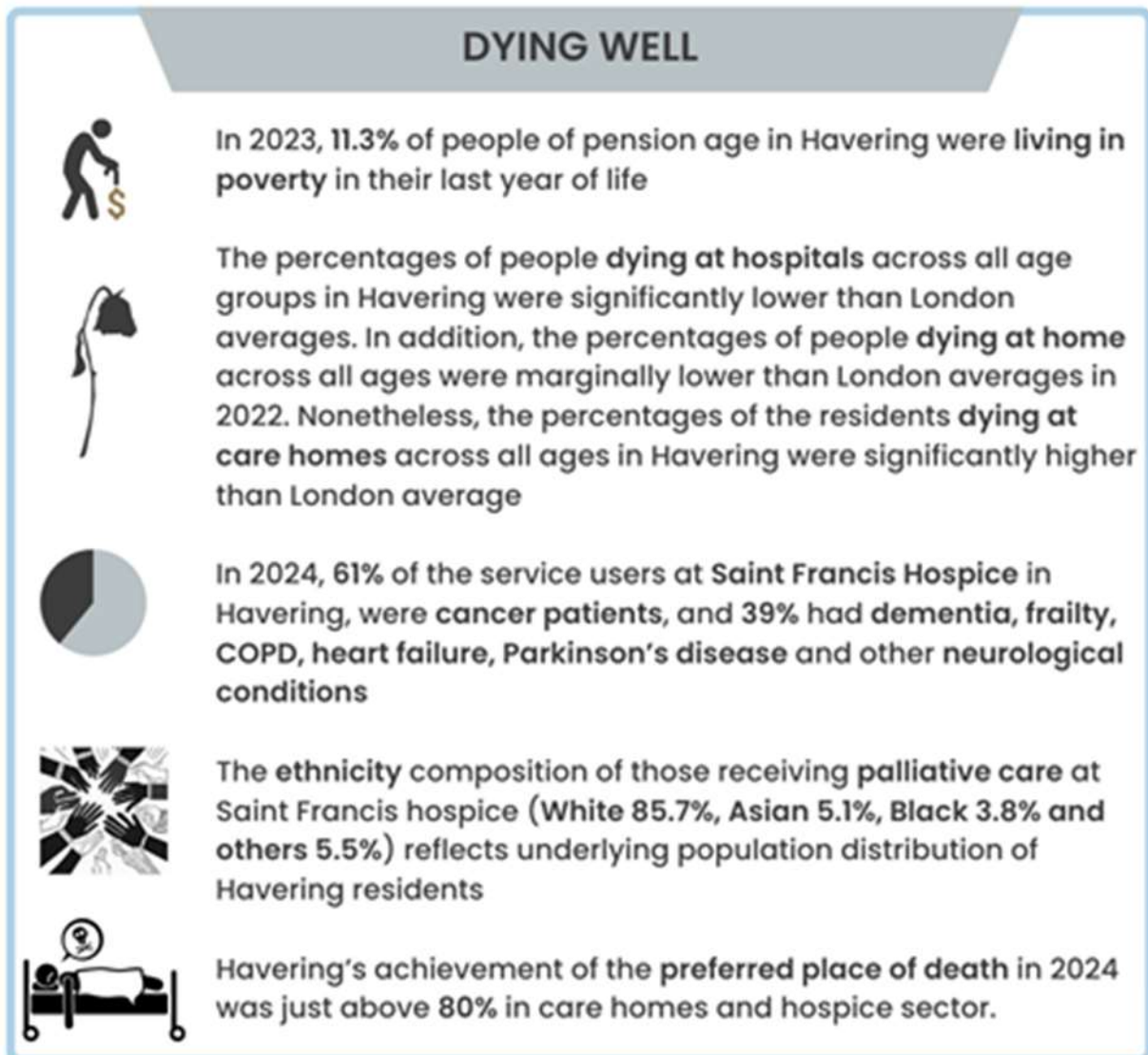


# Dying Well



## 6. Dying Well

### 6.1 Infographic Summary



## 6.2 Key Findings & Recommendations

### Key findings

- In 2022, 11.3% of Havering residents of pension age were in poverty in their last year of life.
- Havering's 75+ population is 93.5% White but this proportion is changing with continued inward migration from other London boroughs.
- Havering's proportion of adults aged 66 years and over **living alone** (12.7%) is similar to England average but higher than London average (9.1%).
- In 2021, the percentage of people providing **unpaid care** in Havering (9.2%) was higher than the London average (7.7%)
- The percentages of people **dying at hospitals** across most age groups in Havering were lower than London averages in 2023. Nonetheless, the percentages of the residents **dying at care homes** across most ages in Havering were significantly higher than London average. A significantly higher proportion of care home deaths compared to London averages may indicate good availability of care home placements, the availability of specialist palliative care advice and end-of-life care support in care home settings.
- The percentage of Havering patients who died at **hospices** for age groups **under 75 years was higher** than London and England averages.
- In 2024, 61% of the Havering service users at Saint Francis Hospice were cancer patients, and 39% had dementia, frailty, COPD, heart failure, Parkinson's disease and other neurological conditions.
- The **ethnicity composition** of Havering patients receiving palliative care at Saint Francis hospice (White 85.7%, Asian 5.1%, Black 3.8 and others 5.5%) reflects underlying population distribution of Havering residents aged 70-74 years (White 99.2%, Asian 4.5%, Black 1.7% and other 1.7%).
- Havering's achievement of the **preferred place of death** was just above 80% in care homes and hospice sector in 2024.

### Recommendations:

- The council, ICB and partners should adequately support residents to ensure the last stages of their lives happen in the best possible circumstances, receiving the right help at the right time from the right people, and place.
- The council, ICB and partners should enhance home based end of life care by increasing training for care givers and community services on managing end of life symptoms effectively
- NEL ICB should increase the use of urgent care plan (UCP) and ensure that UCPs are well integrated with primary care, secondary care and ambulance records.
- Local commissioners and providers of palliative and end of life care should apply NICE guidance NG142 in the context of local and national priorities for funding and in light of their duties to have due regard to the need to eliminate unlawful discrimination and to reduce health inequalities.
- The council, ICB and partners should strengthen end-of-life care to increase the proportion of people who are supported to die with dignity in their usual place of residence or a preferred place of death.
- The council, ICB and partners should ensure timely access to end-of-life medications by working with community pharmacies.
- The council, ICB and partners should work towards increasing capacity and resources for hospice care to meet the demand for hospice care among those under 75 years of age



## 6.3 Introduction

Wellbeing matters for everyone at all stages of life, and the end of life is no exception. Adequately addressing the needs of patients at the end of life and their relatives is pivotal in preventing unnecessary suffering and optimising their quality of life. The borough's need for palliative care will continue to grow as a result of the ageing of populations and the rising burden of diseases.

If someone has an illness that cannot be cured, palliative care makes them as comfortable as possible by managing their pain and other distressing symptoms. It also involves psychological, social and spiritual support for them and their family or carers. This is called a holistic approach, because it deals with them as a "whole" person, not just their illness or symptoms. Early delivery of palliative care reduces unnecessary hospital admissions and the use of health services.

People are considered to be approaching the end of life when they are likely to die within the next 12 months, although this is not always possible to predict. This includes people whose death is imminent, as well as people who:

- have an advanced incurable illness, such as cancer, dementia or motor neurone disease
- are generally very frail and have co-existing conditions that mean they are expected to die within 12 months
- have existing conditions if they are at risk of dying from a sudden crisis in their condition
- have a life-threatening acute condition caused by a sudden catastrophic event, such as an accident or stroke

End of life care should help them to live as well as possible and to die with dignity. The people providing their care should ask them about their wishes and preferences and take these into account as they work with them to plan their care. They should also support their family, carers or other people who are important to you. They have the right to express their wishes about where they would like to receive care and where they want to die. They can receive end of life care at home, in a care home, hospice or be cared for in hospital, depending on their needs and preference.

In 2021, NHS England published a national framework for local action (2021-2026)<sup>281</sup> with 6 ambitions for Palliative and End of Life Care:

1. Each person is seen as an individual
2. Each person gets fair access to care
3. Maximising comfort and wellbeing
4. Care is coordinated
5. All staff are prepared to care
6. Each community is prepared to help

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<sup>281</sup><https://www.england.nhs.uk/wp-content/uploads/2022/02/ambitions-for-palliative-and-end-of-life-care-2nd-edition.pdf>

## 6.4 Wider Determinants of Health

In 2022, 11.3% of Havering residents of pension age were in poverty in their last year of life. Poverty makes dying well harder. Havering's 75+ population is currently 93.5% White but this proportion is changing with continued inward migration from other London boroughs (Table 18). In a study carried out by Marie Curie, they found that, overall, palliative and end of life care provision for ethnic minority groups was often inadequate.<sup>282</sup> Therefore, raising awareness across communities and provision of culturally sensitive care will be crucial in meeting the diverse needs of the Havering population.

Robust knowledge of these services, and the range of other supports available, is therefore key to ensuring households and families impacted by terminal illnesses are able to access care and support when and where they need it. In death literate communities, people can talk openly about death and dying. This helps to increase engagement with palliative care services and also leads people to feel more capable of sharing their end of life wishes.<sup>283</sup>

**Table 18: Havering population 65 years and above by age and ethnicity, 2021**

Ethnicity	Age 65 to 69 years	Age 70 to 74 years	Age 75 to 79 years	Age 80 to 84 years	Age 85 and over
Asian	6.20%	4.51%	3.46%	3.21%	2.01%
Black	3.24%	1.70%	1.89%	1.90%	1.38%
Mixed	0.56%	0.54%	0.48%	0.39%	0.36%
Other ethnic group	1.63%	1.11%	0.69%	0.70%	0.49%
White	88.4%	92.2%	93.5%	93.8%	95.8%
<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>	<b>100.0%</b>

Source: ONS Census, 2021

### Service Gaps / Unmet Needs

Occasionally, residents with complex need e.g., drugs and alcohol use, rough sleeping or mental health condition have died without end of life care and referred to safeguarding for review. It is also important that end of life care services adequately cater for those with learning disability or autistic spectrum disorder.

### Recommendation

People are supported to ensure the last stages of their life happen in the best possible circumstances, receiving the right help at the right time from the right people, and place.

<sup>282</sup><https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/june-2013/palliative-and-end-of-life-care-for-black-asian-and-minority-ethnic-groups-in-the-uk.pdf>

<sup>283</sup><https://www.mariecurie.org.uk/document/creating-a-death-literate-society-ni-2022>

## 6.5 Places & Communities

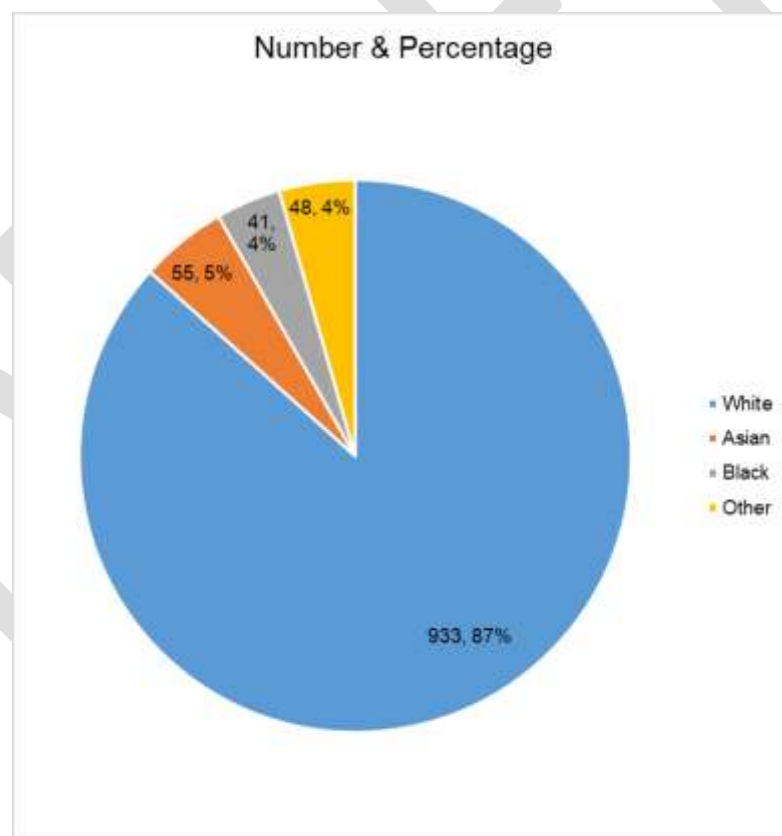
We need to build communities which are ready, willing and confident to have conversations about living and dying well and to support each other in emotional and practical ways, where everybody recognises that we all have a role to play in supporting each other in times of crisis and loss.

According to the census 2021, the percentage of people providing unpaid care in Havering (9.2%) was higher than London average of 7.7%.

The proportion of adults aged 66 and over living alone (12.7%) was similar to England average but higher than London average (9.1%).

In 2024, 85% of the service users at Saint Francis Hospice were White reflecting the Havering's older people population characteristics (Figure 61). The hospice is for anyone struggling with an advanced progressive condition, irrespective of faith or ethnic background.

**Figure 61: Ethnicity distribution of service users at Saint Francis Hospice in Havering, 2024**



Source: Saint Francis Hospice.

The community awareness of services or options for End-of-life-care (EoLC) should be strengthened as well as ensuring consistency of sharing EoLC plans across all care settings. With adequate planning and support people can die with dignity in familiar surroundings; for some people this will mean a care home. The BHR EoLC work stream aim is to acknowledge

a person's wishes and support their end-of-life needs in their preferred place of care and is addressing this challenge across three boroughs. Care Home Support, a rapid response team and 24-hour support line are being implemented and the palliative care capacity is increasing to improve the quality of the end-of-life care.

### ***Place of death (for home, care homes, hospice and hospitals)***

The percentages of people dying at hospitals across all age groups were significantly lower than London averages. In addition, the percentages of people dying at home across all ages were marginally lower than London averages in 2022. Nonetheless, the percentages of the residents dying at care homes across all ages were significantly higher than London average. A significantly higher proportion of care home deaths compared to London averages may reflect more availability of care home placements in Havering but could also suggest a need for more robust home care or hospice care alternatives.

The percentages of those who died at hospices for age groups under 75 years in Havering were higher than London and England averages. It is positive that the hospice services are preferred place of death for many under 75s so we can build upon this confidence for broader age groups.

### ***Bereavement support***

OrangeLine is a telephone support line (01708 758649) for any local person of any age who may be bereaved, feeling isolated or lonely. OrangeLine helps by:<sup>284</sup>

- Regular telephone calls from specially trained OrangeLine staff and volunteers
- Information and signposting to local services and social groups
- Referrals to local specialist advice centres

## **Recommendations**

- People are supported to ensure the last stages of their life happen in the best possible circumstances, receiving the right help at the right time from the right people, and place.
- Enhance Home based end of life care by increasing training for care givers and community services on managing end of life symptoms effectively
- To work with community partners to ensure there is no disparities in hospice usage amongst ethnic minorities e.g., outreach work targeting potentially under-represented groups to raise awareness of end of life care options.

## **6.6 Lifestyle & Behaviours**

Awareness and preparation: It is important that people are supported to be able to make the end-of-life arrangements. When someone is approaching end of life, health and care services should ask them:

- Whether they have an advance care directive
- If they've named someone to make decisions about their medical care
- Whether someone knows where their important paperwork is and what their essential online passwords are

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<sup>284</sup><https://www.sfh.org.uk/orangeline-helpline>

- If they have a current will
- If they have funeral preferences and whether they want to be buried or cremated

## Recommendation

Strengthen end-of-life care to increase the proportion of people who are supported to die with dignity in their usual place of residence or a preferred place.

## 6.7 Integrated Health & Social Care

Each person's journey to death is unique. Some people have a very gradual decline, while others fade away quickly. Different health and social care professionals may be involved in their end of life care, depending on their needs. For example, hospital doctors and nurses, their GP, community nurses, hospice staff and counsellors may all be involved, as well as social care staff, chaplains (of all faiths or none), physiotherapists, occupational therapists or complementary therapists.

Palliative and end of life care: If they have an illness that cannot be cured, palliative care makes them as comfortable as possible by managing their pain and other distressing symptoms. It also involves psychological, social and spiritual support for them and their family or carers. This is called a holistic approach, because it deals with them as a "whole" person, not just their illness or symptoms.

End of life care is a form of palliative care they receive when you're close to the end of life. People are considered to be approaching the end of life when they are likely to die within the next 12 months, although this is not always possible to predict.

Both palliative care and end of life care could be given at home, care homes and specialist palliative care provider depending on the individual situation and choice. The providers work alongside GPs, community nurses, social care, voluntary care sector organisation and hospital specialists to help manage pain and other difficult symptoms, with an aim for comfort, as much independence as possible, and the best possible quality of life. Hospice services support those on the frontline and those in crisis with complex issues related to end of life care. We need to ensure timely access to services for people facing advanced illness.

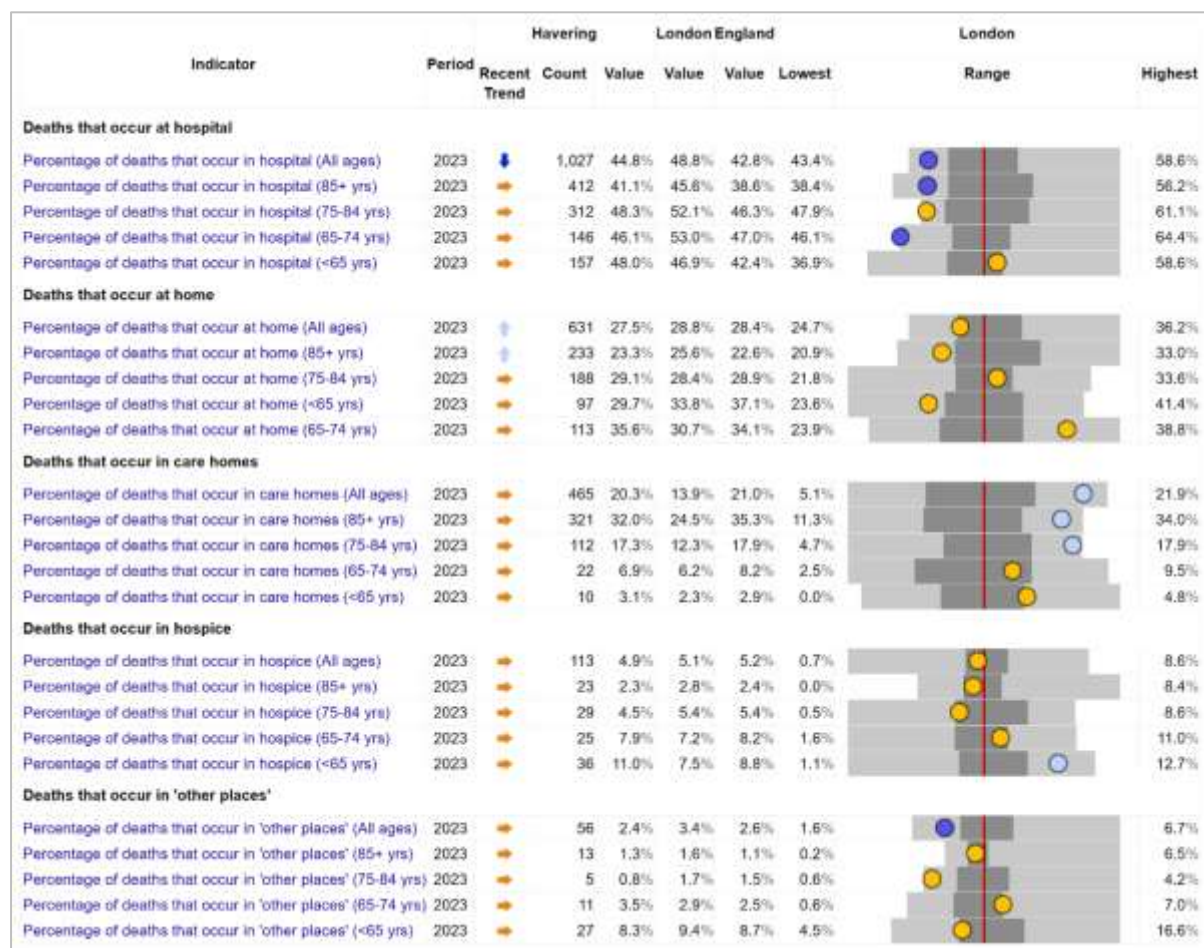
NICE Guidance NG142 (<https://www.nice.org.uk/guidance/ng142>) covers organising and delivering end of life care services, which provide care and support in the final weeks and months of life (or for some conditions, years), and the planning and preparation for this. It includes recommendations on:

- Identifying adults who may be approaching the end of their life
- Holistic needs assessment
- Supporting carers and providing information
- Reviewing current treatment
- Advance care planning and reviewing people's needs
- Communication between services, providing multi-practitioner care and care coordination
- Transferring people between care settings and providing out-of-hours care.



The percentages of people dying at hospitals across most age groups in Havering were significantly lower than London averages. Nonetheless, the percentages of the residents dying at care homes across most ages in Havering were significantly higher than London average. A significantly higher proportion of care home deaths compared to London averages may indicate good availability of care home placements. (Fig. 62)

**Figure 62: Place of death in Havering, 2023.**



Source: OHID

To facilitate home based end of life care, it is crucial to provide effective training for care givers and community services on managing end of life symptoms, and to ensure that urgent care plans are well integrated with primary care and hospital records/LAS enabling seamless care transitions and timely access to services. Moreover, we must work with community pharmacies to ensure timely access to end of life medications particularly for those opting for home based care.

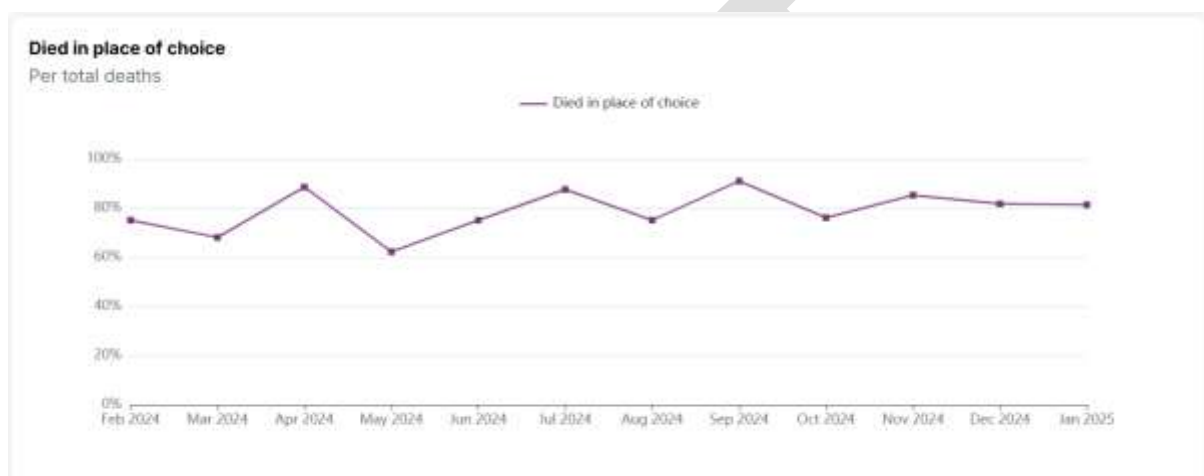
### **Place of death and preferred place of death**

Helping someone to be cared for and die in their preferred place, avoiding intensive hospital treatment are all crucial palliative considerations.<sup>285</sup> To improve dying at the preferred place

<sup>285</sup> <https://www.england.nhs.uk/blog/its-emotional-lets-talk-about-dying/>

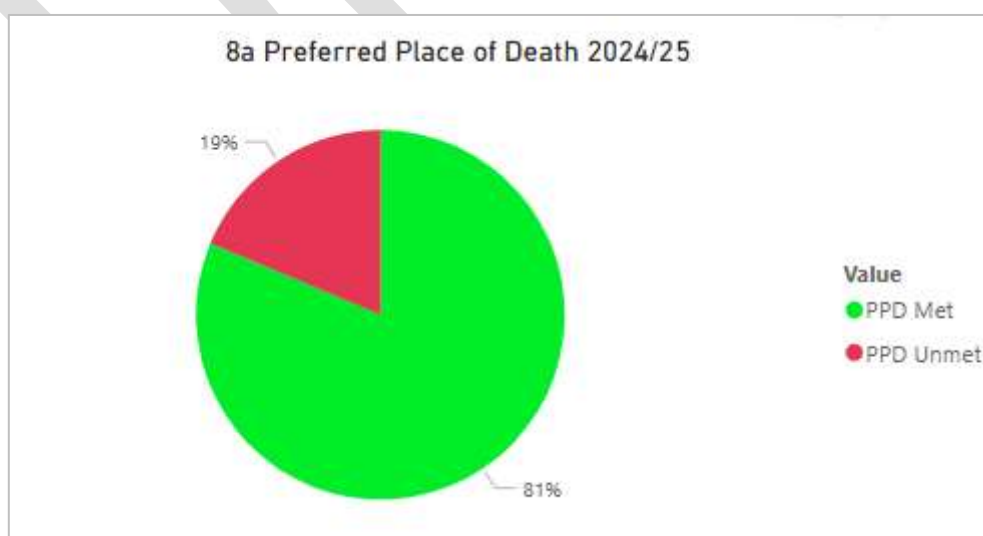
of death, we should regularly analyse place of death against preferred place and transform services to match patient preferences also ensuring this information is included in urgent care plans. There should be regularly reviewed including an update of patients' preferred place of death throughout their care journey. A key quality metric could be a report on the percentage of individuals achieving their preferred place of death. Although there is no publicly available data, data provided by Saint Francis Hospice shows that over 80% of those who died in care homes were recorded as "died in place of choice" in 2024 (Fig. 63). Similarly, 81% of those who died at Saint Francis Hospice were recorded to be deaths at preferred place of death up to Q3 2024/25.

**Figure 63: Percentage of deaths documented as preferred place of death among those who passed in nursing homes in Havering Feb 2024 to Jan 2025.**



Source: Carepulse

**Figure 64: Percentage of deaths documented as preferred place of death among those who passed at Saint Francis Hospice.**



Source: Saint Francis Hospice, Havering, 2025.

The percentages of those who died at hospices for age groups under 75 years were higher than London and England averages. Nonetheless, people had to make decision to be in the hospice for their place of choice for death.

To meet the demand for hospice care among under 75s, we should strengthen the capacity and awareness for hospice care. We need to partner collaboration to provide enhanced bereavement support for families and care givers.

Saint Francis Hospice is a major provider of both of these services. Higher referrals were seen in December, January, May and June. Referral sources were mainly from the hospitals, followed by GP, district nurses and self- referrals. They also provide support on hospital wards.

Although there is no central register for all adults who need palliative care or end of life care, and the reasons for requiring palliative care, the largest provider Saint Francis Hospice in Havering reported that in 2024, 61% of the service users were cancer patients, and 39% had dementia, frailty, COPD, heart failure, Parkinson's disease and other neurological conditions. Year-on-year, the hospice is helping with a broader range of advanced illnesses that need palliative care.

It is crucial that death does not come unexpected and after an emergency hospital admission. Proactive care planning can reduce emergency admission at end of life and by better identification of earlier palliative care needs. This could be achieved through GP and MDT training on identifying deterioration of those likely to die within 12 months and initiating EoL discussions early. Community pharmacies could be included in EoLC multi-disciplinary teams (MDTs) to improve medication management and symptoms control. The success could be measured by the reduction on the percentage of older people dying within 7-days of emergency hospital admissions.

### Service Gaps / Unmet Needs

Residents with liver failure who have complex issues (rough sleeping, substance misuse, mental health condition, lack of family and social support) could die without a planned end of life care.

### Recommendations

Local commissioners and providers of palliative and end of life care should:

- Apply NICE guidance NG142 in the context of local and national priorities for funding and in light of their duties to have due regard to the need to eliminate unlawful discrimination and to reduce health inequalities.
- Work towards improving early access to available community palliative care support services to prevent avoidable hospital admissions;
- Increase the use of urgent care plan (UCP) in EoLC, especially within the community setting, to improve multi-agency communication and prevent avoidable hospital admissions;
- Ensure that urgent care plans are well integrated with primary care and hospital records/LAS enabling seamless care transitions and timely access to services;
- Regularly update place of death against preferred place and information is included in urgent care plans;
- Develop mechanisms to regularly review and update patients preferred place of death to match the demand and supply;

- Include community pharmacies in MDT EoLC teams to improve medication management and symptoms control; and to ensure timely access to end-of-life medications by working with community pharmacies;
- Increase capacity and resources for hospice care to meet the demand for hospice care among those under 75 years of age; and to collaborate with the hospices to provide enhanced bereavement support for families and care givers.
- Facilitate care providers to report on the percentage of individuals achieving their preferred place of death and those dying within 7 days of an emergency admission.

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