



HEALTH & WELLBEING

Islington

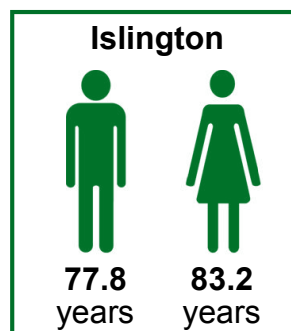
November 2013

Life expectancy

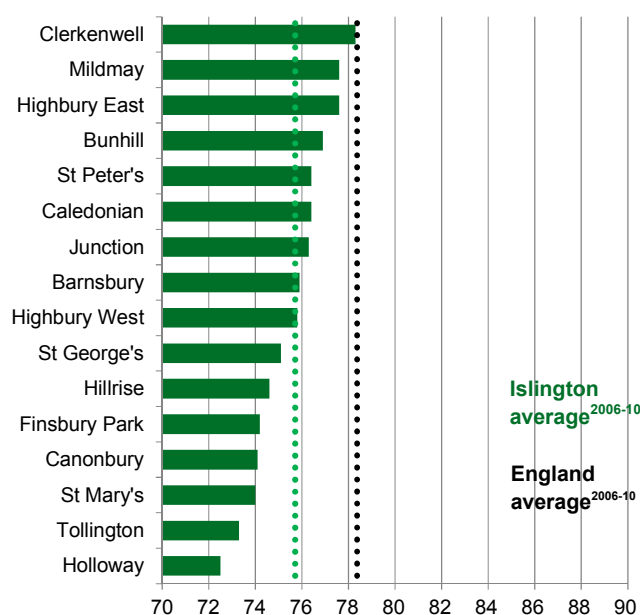
Longer lives and preventable deaths

Men in Islington live shorter lives than the England average. However, Islington women have similar life expectancies compared to England²⁰¹⁰⁻¹².

There are also marked inequalities in life expectancy: the most deprived in Islington will live for 6.5 (men) and 5.6 (women) less years than the least deprived²⁰⁰⁶⁻¹⁰.

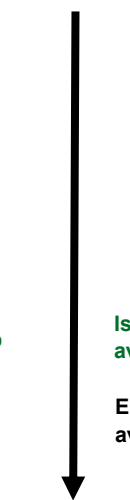


Men²⁰⁰⁶⁻¹⁰



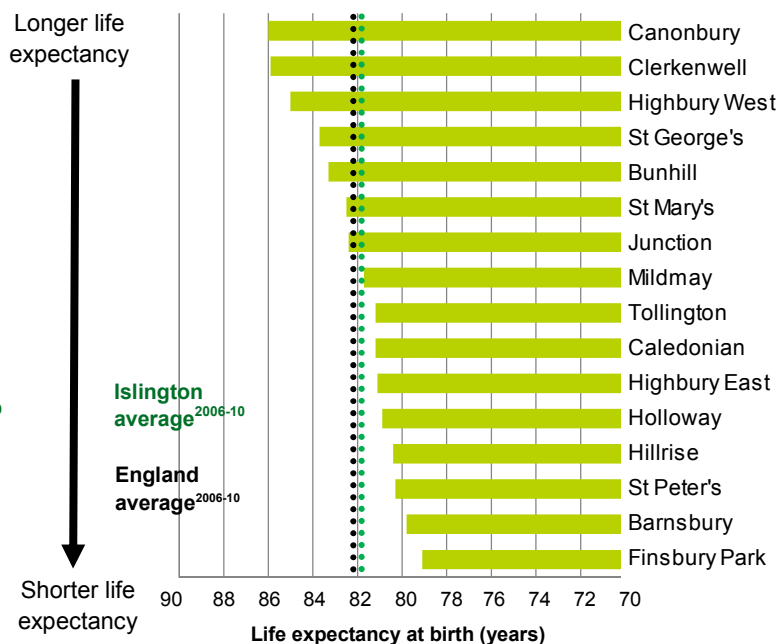
Note: Life expectancy data for wards are not available for 2010-12.

Longer life expectancy



Shorter life expectancy

Women



About **130** Islington residents die each year²⁰⁰⁹⁻¹¹.

43%

of these are aged **under 75 years**.

Cancer is the main cause of death in Islington²⁰⁰⁶⁻¹⁰.

Since 2002-06, life expectancy has **increased by 1 year** for men and **by 2 years** for women in Islington²⁰⁰⁶⁻¹⁰.

Ways in which deaths can be prevented include reducing levels of smoking, obesity and alcohol intake, increasing levels of physical activity and healthy eating, as well as encouraging people to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths will be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit <http://evidencehub.islington.gov.uk/> for the census 2011 ward profiles for demographic information. For more information contact publichealth.intelligence@islington.gov.uk or call 020 7527 2832.

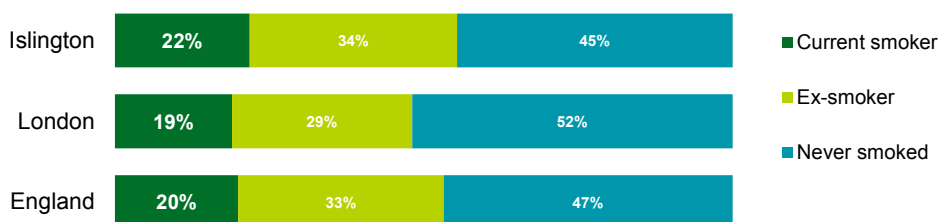
Smoking

Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Islington, however a larger percentage of our residents smoke compared to London as a whole. Smoking is still a major cause of ill-health and early death in Islington. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

Smoking prevalence

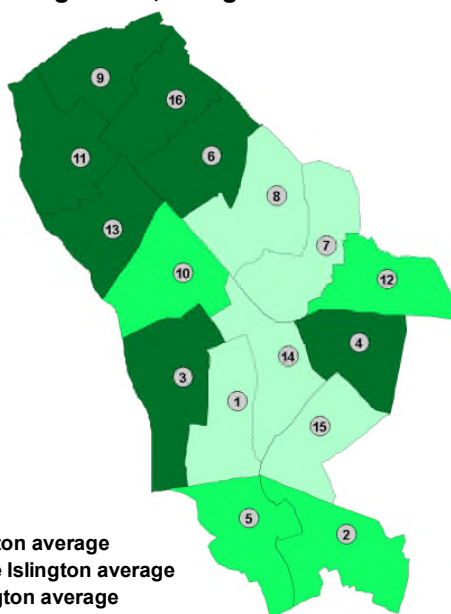
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Islington average, Islington's resident and registered population aged 16+, Islington GP PH dataset, 2012

- 1 Barnsbury
- 2 Bunhill
- 3 Caledonian
- 4 Canonbury
- 5 Clerkenwell
- 6 Finsbury Park
- 7 Highbury East
- 8 Highbury West
- 9 Hillrise
- 10 Holloway
- 11 Junction
- 12 Mildmay
- 13 St. George's
- 14 St. Mary's
- 15 St. Peter's
- 16 Tollington



39,240
smokers in Islington²⁰¹².

1,620
Islington residents
quit smoking for at least
four weeks.

145
Islington residents die
from **lung cancer** or
COPD* each year²⁰¹⁰⁻¹².
*Chronic Obstructive Pulmonary Disease

285
Islington residents die
from **heart disease** each
year²⁰¹⁰⁻¹².

What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: www.smokefreeislington.co.uk
- Public Health is aware of wards where smoking prevalence is highest and the Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service:
www.smokefreeislington.nhs.uk or 0800 093 90 30

Want to find out more?

Verena Thompson (Public Health Manager)
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Adult Obesity

Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Islington. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

Obesity prevalence

23,450 (17%)

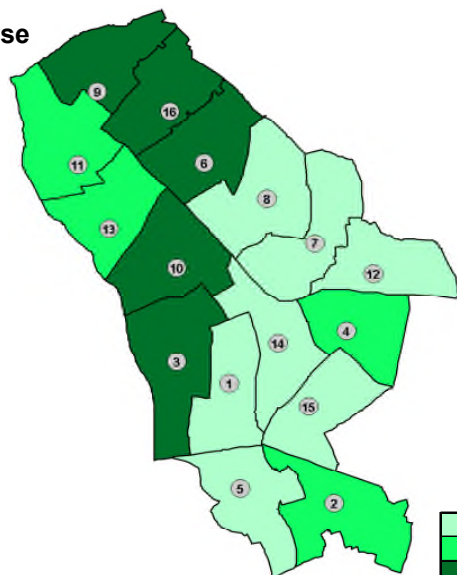
Islington residents are **obese**.

38,820 (28%)

Islington residents are **overweight**.

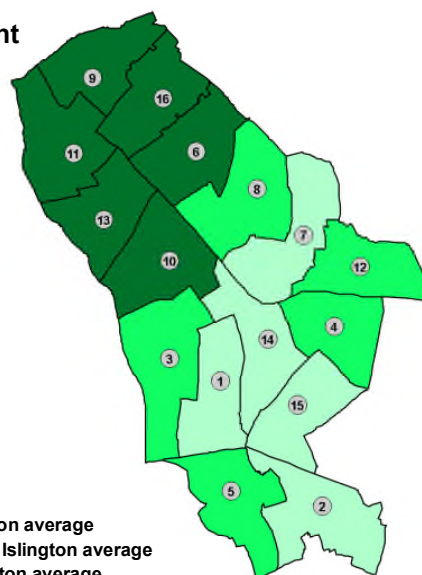
Prevalence of obesity and overweight by ward, compared to the Islington average, Islington resident and GP registered population, Islington GP PH dataset, 2012

a) Obese



1 Barnsbury	5 Clerkenwell
2 Bunhill	6 Finsbury Park
3 Caledonian	7 Highbury East
4 Canonbury	8 Highbury West

b) Overweight



9 Hillrise	13 St. George's
10 Holloway	14 St. Mary's
11 Junction	15 St. Peter's
12 Mildmay	16 Tollington

What can you do?

- Encourage people to have their height and weight measured to calculate their BMI.
- Promote the weight management services to people who are overweight or obese by directly referring or providing them with information to self-refer.
- Speak to your GP or practice nurse if you are concerned about your weight.

Where people can get support

- Contact Active Health Team, 020 7689 9846/7 or email weightloss@aquaterra.org or Fax: 020 7689 9848
- Visit www.aquaterra.org/activities/aquaterra-rebalance-weight-management
- Their GP Practice

Want to find out more?

Verena Thompson (Public Health Manager)

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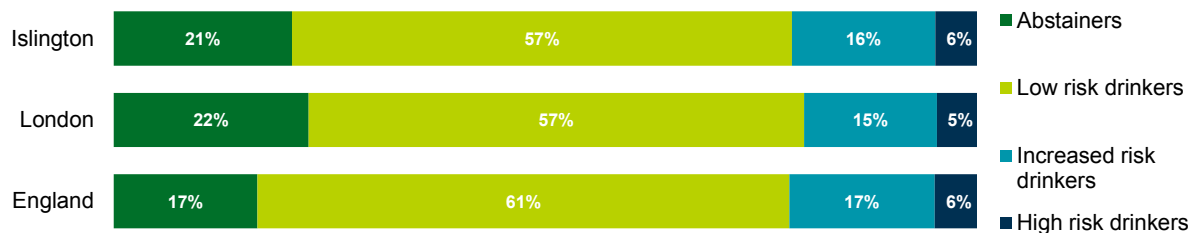
Alcohol

Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

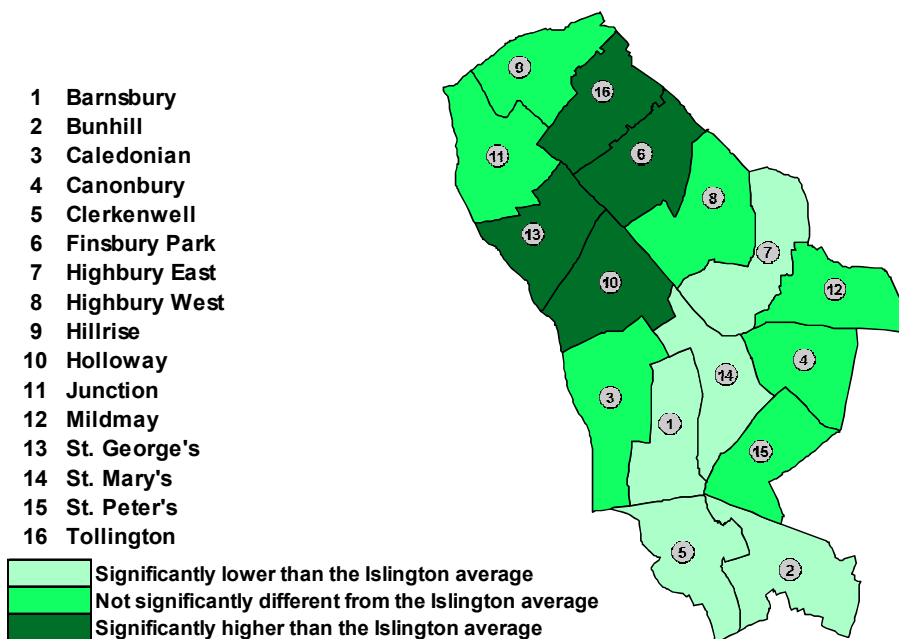
Alcohol consumption

Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

Alcohol-related admissions in Islington resident and registered GP population by ward, compared to the Islington average, SUS, 2012



There were approximately
4,240
alcohol-related admissions
in Islington^{2011/12}.

Hypertensive diseases
are the most common
causes of alcohol-related
admissions in
Islington^{2011/12}.

What can you do?

- Encourage all constituents to think about their drinking. Islington Council provide a short on-line tool to assess drinking habits; www.dontbottleitup.org.uk
- Review the licensed premises in your ward: pubs, clubs, supermarkets and off-licences. Ask your local residents for their views on the licensed premises too.
- If you believe a new license application would affect your ward negatively, or if a licensed premise is acting outside of its licence, contact Islington Licensing Team; call 020 7527 3031 or email licensing@islington.gov.uk

Where people can get support

- Visit www.dontbottleitup.org.uk to make an assessment of drinking habits.
- Make an appointment to speak to your GP about your drinking.
- All residents can receive further support by contacting Islington's advice service on 080 8800 0019 or visit www.islington.gov.uk/drugs

Want to find out more?

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NHS Health Checks

Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Islington who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in «A»^{2011/12}

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	20,030	10.6%	25,750	13.7%	45,780	24.3%
Heart disease	3,910	2.1%	4,100	2.2%	8,010	4.3%
Diabetes	8,960	4.7%	4,000	«2.1%	12,960	6.8%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

5,370

people have had an NHS Health Check in Islington GP practices^{2012/13}.

10,210

people have been offered an NHS Health Check in Islington GP practices^{2012/13}.

69,050

people are eligible for an NHS Health Check in Islington GP practices^{2012/13}.

What can you do?

- **Promote NHS Health Checks** in Islington by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Other community venues such as supermarkets — for upcoming venues in your area, see contact below.

Want to find out more?

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Mental Health

Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Islington has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

Prevalence of mental health conditions

2,830 (2%)

Islington residents are diagnosed with a serious mental illness²⁰¹².

Residents in Islington are likely to report **the same** wellbeing scores compared to London overall²⁰¹².

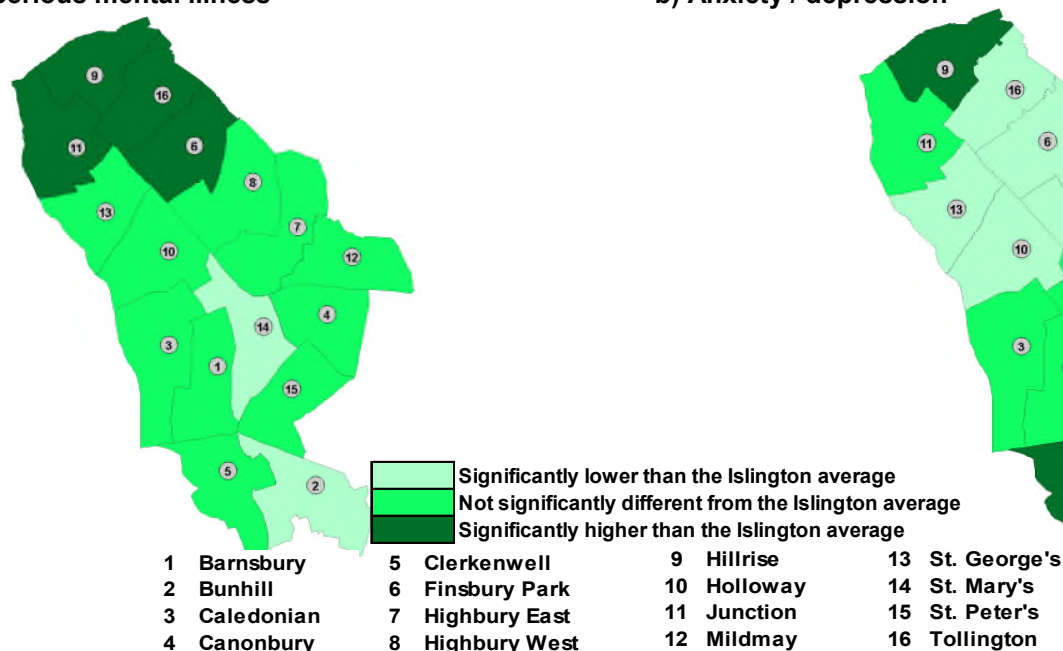
20,540 (12%)

Islington residents are diagnosed with either anxiety or depression²⁰¹².

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Islington average, Islington's resident and GP registered population, Islington GP PH dataset, 2012

a) Serious mental illness

b) Anxiety / depression



What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental health wellbeing among your local community.
- Support the **Time to Change campaign** and promote anti-stigma messages.

Where people can get support

- Visit your GP
- To see a trained professional for support in Islington for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit www.icope.nhs.uk
- For information about mental health conditions, symptoms and support see: www.nhs.uk/

Want to find out more?

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