

## Annual Public Health Report 2015

# Longer, healthier lives, but not for all.



## Male life expectancy in Haringey

- Most deprived neighbourhoods in Haringey
- Least deprived neighbourhoods in Haringey
- - Haringey average
- - London average

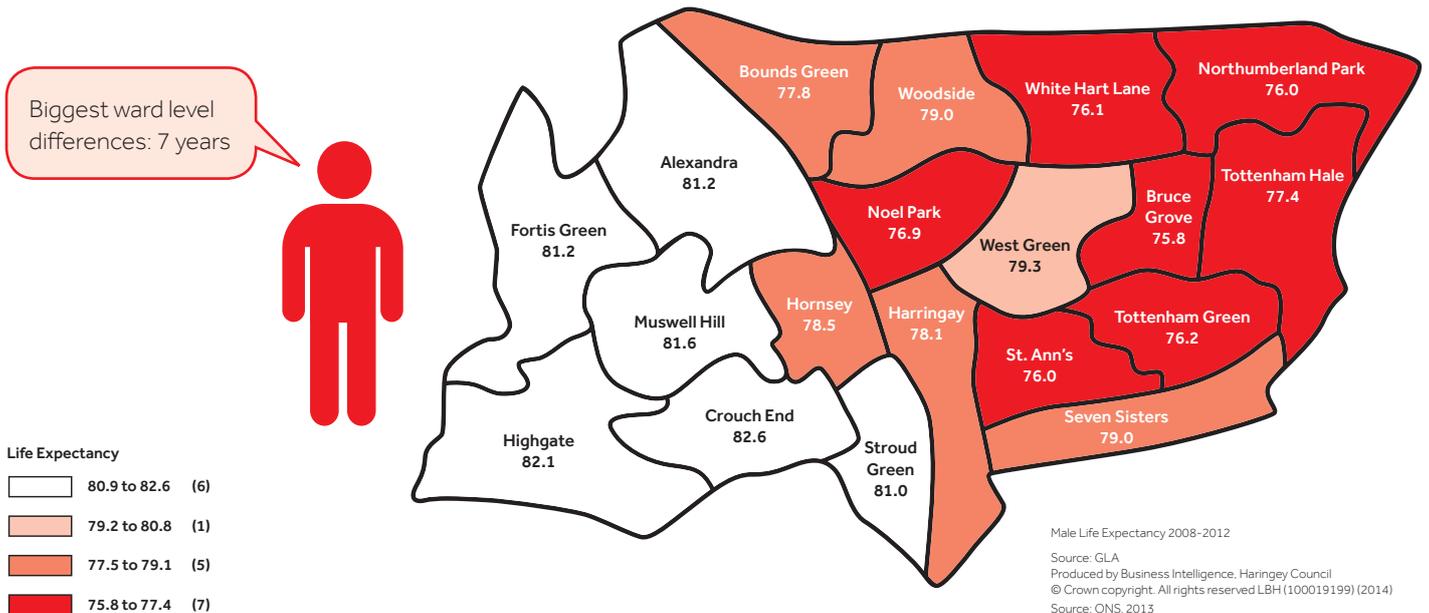
\*7 year gap in life expectancy between least and most deprived neighbourhoods in Haringey

# Longer lives for Haringey residents, but inequalities remain.

People in Haringey are living longer than ever. In the last 10 years the average life expectancy in Haringey has overtaken the England average, with men now expecting to live over 80 years and women over 84 years. These extra years of life have been added largely by tackling the big killers such as heart disease and cancer through better treatments, as well as through national and local strategies targeting risk factors such as smoking and high salt consumption.

However, in spite of an overall improvement in life expectancy over recent years, not all have benefitted, and inequalities in life expectancy remain. Women can still expect to live more than 4 years longer than men in Haringey and men living in Northumberland Park are still dying, on average, 7 years earlier than men in Crouch End.

## Male life expectancy varies across Haringey



## Do longer lives mean healthier lives?

Extra years of life do not necessarily translate into extra years of good health. A measure called healthy life expectancy helps us get a better understanding of how healthy people are during their lives. When we look at healthy life expectancy for Haringey, we find that women are, on average, living the last 25 years of their lives in poor health, and men the last 16 years of their lives in poor health.

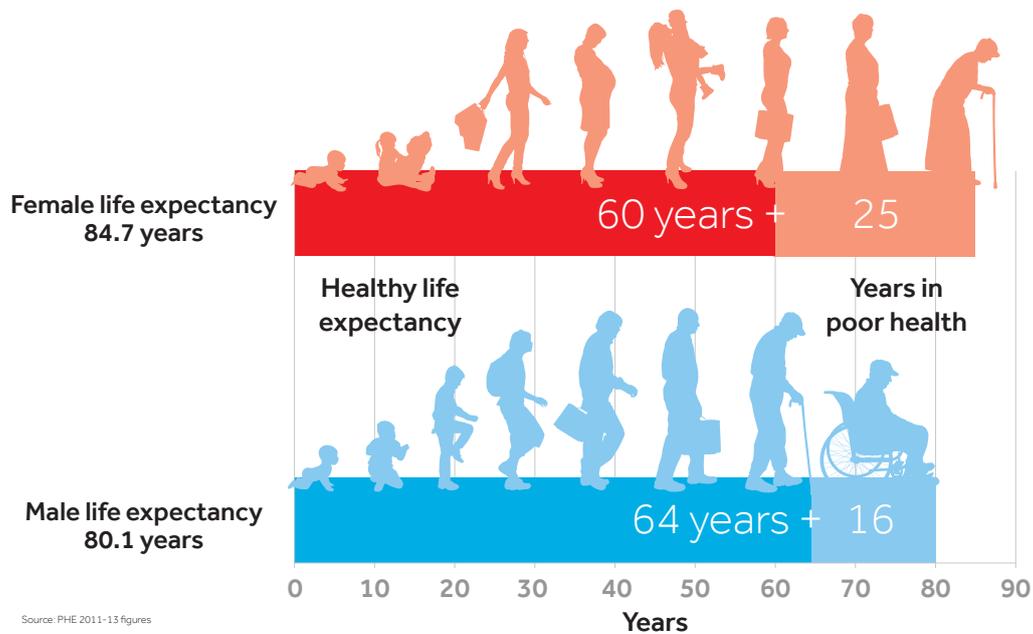
The main reason people are living in poor health is because they have one or more **long-term health condition**. These are health conditions that can be managed, but not always cured, such as back pain, heart disease, diabetes, stroke and depression. Not only do these conditions have a significant impact on individual health and wellbeing, but they also place a considerable burden on health and social care services. Treatment and care for people with long-term conditions is estimated to take up £7 in every £10 of total health and social care expenditure.

Importantly, long-term conditions are usually preventable. They are often due to a small number

of lifestyle factors, particularly an unhealthy diet, low levels of physical activity, smoking and excessive alcohol intake. These lifestyle factors are also the most important risk factors for people dying early, and significantly, these risk factors are often unequally distributed in our population. For example, smoking which is still the most important risk factor for early death, is more common in deprived populations, as well as in specific population groups such as homeless people and people with mental health conditions.

The impact of such a small number of lifestyle factors on the length and quality of our lives as well as the unequal spread of good health in our borough, means we must continue to focus our efforts on improving these health behaviours. In doing so, we must recognise that this is not simply a matter of individuals making poor choices. The environment and the conditions we live in, as well as the communities we are part of have a direct influence on the choices we make relating to health, such as the food we eat and the amount of exercise we take.

# Women in Haringey live longer than men but spend more years in poor health



## What are we doing to ensure all our residents have long, healthy lives?

The overall approach to ensuring our residents have long, healthy lives encompasses three main areas:

- ➔ Making it easier for people to make the healthy choice
- ➔ Working with communities
- ➔ Giving support to those who need it most

### Making it easier for people to make the healthy choice

**Our Health in all Policies** approach seeks to put health at the heart of the council's plans and strategies across areas such as housing, transport and planning, so that we make Haringey a place where healthy choices such as walking and cycling are the easy choices.

**'Making every contact count'** training is a way that we can equip one of our most important resources, our staff, to have simple conversations with residents to support and influence them to live healthier lives.

The **Haringey Obesity Alliance** galvanises the effort of different organisations into a single, coordinated approach creating a partnership to collectively combat obesity. Every member of Haringey's Obesity Alliance has pledged to take positive action to help tackle obesity.

Haringey's **Healthier High Streets** approach aims to work with businesses to create an environment which enables people to make healthier choices. This includes action to reduce the availability of cheap super strength alcohol, through our Responsible Retailer Plus Scheme, improve the overall food offer on the high street through the **Healthier Catering Commitment** and to create an environment which enables people to make healthier choices.

### Working with communities

**Well London** is a community development approach to health improvement which has recently started in Northumberland Park and Love Lane estates. Using a tried and tested approach residents identify health priorities in their neighbourhood, and co-create a plan to deal with these issues.

**Health Trainers and Health Champions** are drawn from the local community and deliver support from 'next-door' rather than from 'on-high'. They can work with residents on matters such as healthy eating, sensible drinking, smoking cessation and increasing physical activity levels.

Using the opportunity of **the regeneration of Tottenham** to address factors closely related to healthy life expectancy such as employment, poor quality housing and ease of walking and cycling.

### Giving help to those who need it most

This year also sees us bring together key elements of our health improvement services, (Stop Smoking, Health Trainers/Champions, Community NHS Health Checks, Alcohol Brief Advice) into an **integrated 'Wellness Service'**. The service will be operational from April 2016 and will link into other council wide Information, Advice and Guidance Services ensuring that wider social issues such as housing and debt are part of the offer to residents.

Dear all,

## A new Health and Wellbeing Strategy for Haringey



Like all local authorities in England, Haringey is required to have a Health and Wellbeing Board. The Health and Wellbeing Board is a partnership board which takes the lead in making Haringey a healthier place to live. The board includes councillors, senior council officers from adults and children's services and public health, local GPs, Healthwatch and representatives of the voluntary and community sectors.

This year, members of the Health and Wellbeing Board have been working closely together to develop a new Health and Wellbeing Strategy for Haringey for 2015-18. This strategy outlines a shared local commitment to 3 priority areas of health and wellbeing:

- ➔ Reducing obesity
- ➔ Increasing healthy life expectancy
- ➔ Improving mental health and wellbeing

### Increasing healthy life expectancy

This year's annual public health report focuses on one of these shared priorities: Increasing healthy life

expectancy. The report tells us that we have made significant progress in recent years to improve average life expectancy across the borough, so that life expectancy in Haringey is now higher than the national average. However, we clearly still have much work to do, as there are still significant differences in life expectancy across the borough, and the extra years that have been added to life expectancy are often spent in poor health.

In order to meet these challenges, the partnership approach we are taking in Haringey is essential. We will therefore continue to work closely with communities to equip them with the skills and knowledge to live healthy lifestyles. We will also work in partnership with our planning and regeneration teams to make Haringey a place where healthy choices such as walking and cycling are easy for people to make. Finally, we will work to deliver integrated and person-centred services that prevent ill health, and promote independence in people with existing health conditions.

## Recommendations

1. Build on and expand our 'Health in all Policies' approach so that we move from being a council with a public health department to a health promoting council, creating an environment to support residents to lead healthy, fulfilling, independent lives.
2. Ensure that plans for the regeneration of Tottenham address factors closely related to healthy life expectancy such as employment, poor quality housing and ease of walking and cycling.
3. Take a multi-agency approach to prevention including tighter tobacco control, responsible alcohol sales, healthy high streets and tackling obesity through Haringey's Obesity Alliance.
4. Increase access to self-management programmes, such as expert patient or peer support schemes, to help people with long-term conditions (and their families) to understand their conditions and how to manage them.
5. Support the development of further community health champions.
6. Ensure prevention is everyone's business from primary care through to hospital care.

I would like to hear your stories, thoughts or ideas on how as a community we can support all our residents to live long healthy lives. Please contact me at [Jeanelle.degruchy@haringey.gov.uk](mailto:Jeanelle.degruchy@haringey.gov.uk).

I look forward to hearing from you all.



**Dr. Jeanelle de Gruchy** - Director of Public Health