

# HARINGEY'S ANNUAL PUBLIC HEALTH REPORT

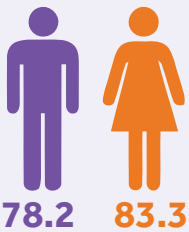
## SNAPSHOT OF HEALTH AND WELLBEING IN HARINGEY

Welcome to Haringey's Annual Public Health Report for 2023 – this is our first report since Covid-19 and is an opportunity to take stock and reflect on the health needs of our community in Haringey.

- Haringey is a diverse borough with a population of 263,400.
- Haringey's residents speak over 180 languages.
- Two thirds of people in Haringey are from Black, Asian, Minority Ethnic or other white ethnic groups.
- A third of Haringey's population lives in poverty and poverty rates are highest amongst families with children.
- Almost half of Haringey's wards are within the most deprived wards in England – these are mostly in the east of the borough.

### Life expectancy in the borough

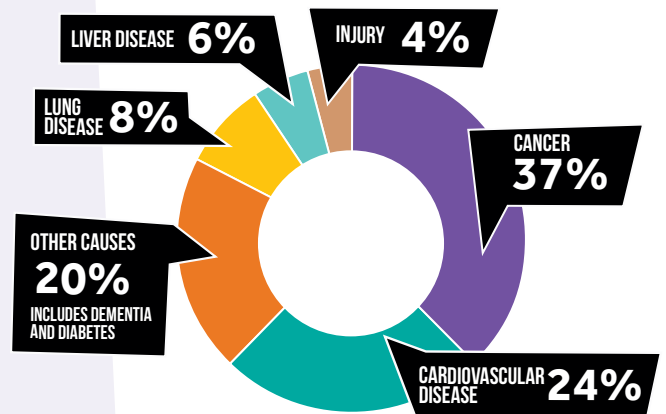
Average Life Expectancy at Birth (2021)



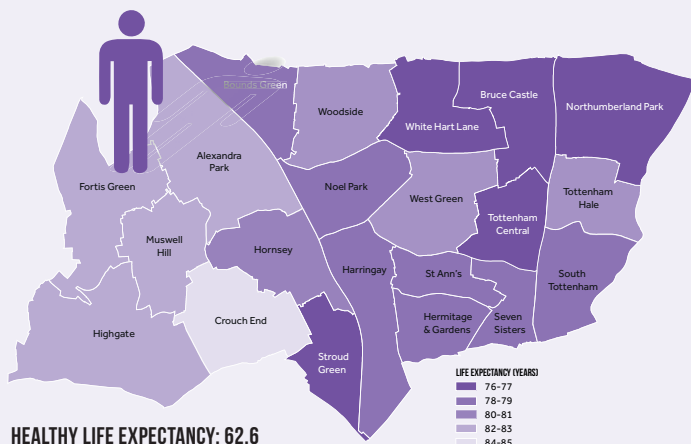
Life expectancy has fallen in men and women following the COVID pandemic. Even prior to the pandemic, rises in life expectancy had stalled and for men had begun to fall.

This figure hides the inequality in life expectancy between those living in the most deprived wards in the borough compared to the least deprived. A man in the least deprived wards will live on average 7 more years than a man from one of the most deprived wards. For women this difference is over four years, and for both genders this difference has widened since the 2017-19 period.

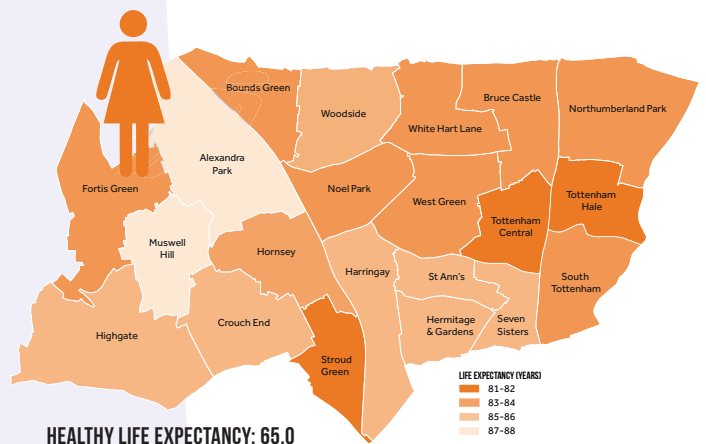
### MAIN CAUSE OF DEATH IN HARINGEY



### MALE LIFE EXPECTANCY BY HARINGEY WARD (2016-2020)



### FEMALE LIFE EXPECTANCY BY HARINGEY WARD (2016-2020)



# The building blocks of health are the most significant determinants of our overall health and well-being.

## BUILDING BLOCKS OF HEALTH

### CONTRIBUTORS TO POOR HEALTH

Keeping healthy is not only about being able to access a doctor, health centre or a hospital when we are feeling unwell. Our health and wellbeing is connected to social, economic and environmental factors. Significant inequalities exist in Haringey which affect the chances people have of leading healthy lives. Our most deprived communities in the east of the borough have lower life expectancy and spend more years of their life in poor health. Below are some of these wider factors that can lead to poor health.



**Low take up of screening services**



**No access to outdoor space**



**Smoking, alcohol dependency, drug use**



**Low levels of exercise**



**Damp and mouldy homes**



**Poor food quality / poor diet**



**Low attainment at school**



**Low paid jobs and high unemployment**



**Poor air quality**



#### HOUSING

The quality of housing is a key determinant of health. Those living in the east of the borough are least likely to own their own home. Over **2,500** households in Haringey are living in temporary accommodation (statutory homeless) – this is the third highest rate in London.

offences were reported in Haringey in 2020/21. Rates of domestic abuse are higher in the east of the borough.



#### EMPLOYMENT

The unemployment rate in Haringey is just above the London average, although wages in Haringey are lower than average.



#### PARKS AND GREEN SPACES

Parks and green spaces are important places for free exercise, space for calm and well-being and for connection with nature and play. Access across Haringey is not equal – some wards have 100% of homes with good access to nature whilst other have less than half of homes with good access to nature.



#### HEALTHY HIGH STREETS

Haringey sells the most litres of alcohol per adult in all of London – **35%** more than the London average.



#### AIR QUALITY

Air pollution in Haringey exceeds EU limits in parts of the borough. It has a particularly negative impact on children. High levels can cause low birthweight babies, increase the risk of asthma and other lung conditions in both children and adults. Breathing in poor quality air over time can also accelerate the decline in lung function in older people, and increase the risk of heart attack or stroke.

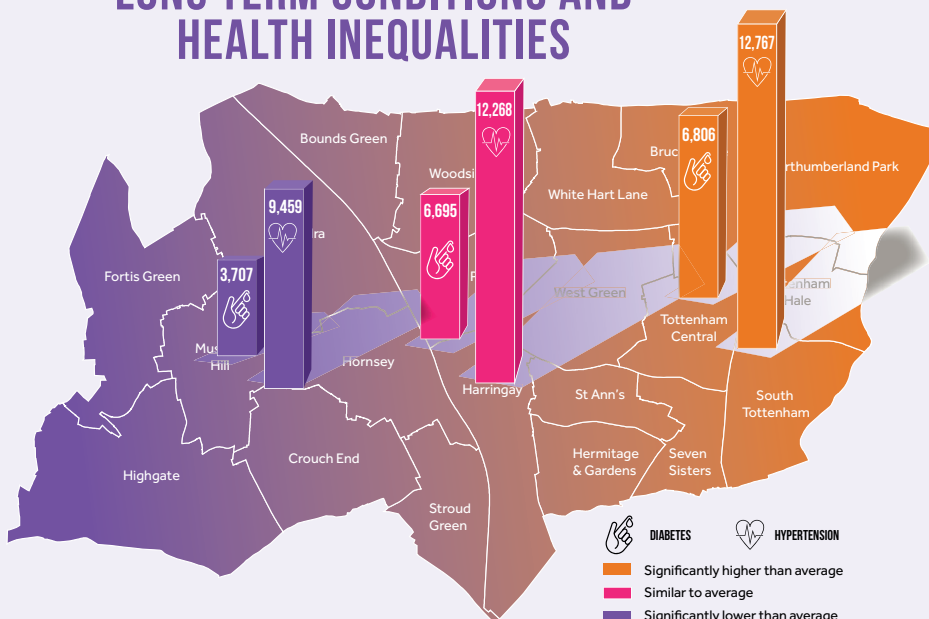


#### SAFETY AND SAFETY FOR WOMEN

**15%** of residents feel unsafe in their local area after dark – in some wards in the east of the borough this rises to above **40%**.

Over 3,200 domestic abuse offences and 786 sexual

### LONG TERM CONDITIONS AND HEALTH INEQUALITIES



Our most diverse communities live in the east of the borough. In these areas we see more people with diabetes and hypertension (high blood pressure) compared to those living in the centre and west of the borough.

16% of Haringey's population are living with a long term health condition, and nearly 6% are living with two or more long term conditions.

Communities in the east of the borough have the highest diagnosed prevalence of diabetes (8.4%) and hypertension (12.6%) which are both significantly higher than the GP Federation average for these conditions.

# Covid-19 and the cost of living crisis have had a significant effect on health and well-being in Haringey

## POVERTY AND COST OF LIVING CRISIS

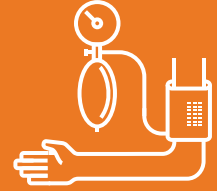
The cost of living crisis undermines the foundations of good health – housing, food, heating and transport. Nearly three quarters of properties in the borough are in energy bands D-G meaning it is harder and more expensive to heat these homes.

Many households are now faced with stark choices such as heating their home or buying food – and households in the east of the borough have higher rates of fuel poverty. The impact of people being unable to heat their homes to at least 18 degrees leads to a range of health implications.



Children living in cold homes are twice as likely to develop respiratory symptoms

Cold is linked to high blood pressure and heart disease in adults.



## FUEL POVERTY

Fuel poverty is a major issue facing households in Haringey. Since 2020 rates of fuel poverty have risen rapidly – in line with rising fuel prices. In 2020, 15,000 households in Haringey were deemed to be 'fuel poor' and struggling to pay their energy bills. Based on energy company predictions this could increase to around 44,000 households from October 2022.

## GAMBLING

It's estimated that around 1 million Londoners and over 24,000 Haringey residents are being significantly harmed by gambling. This can include debt, homelessness, crime, poor mental health, family breakdown, and suicide. Haringey has the 3rd highest rate of gambling premises in London, which are concentrated in areas of high deprivation.



In 2019 it was estimated the NHS spends at least

# £2.5 billion

per year on treating illnesses that are directly linked to cold, damp and dangerous homes (BRE, 2021).

## COVID-19 IN HARINGEY A devastating impact on our residents



Over **600**

people in Haringey lost their lives due to COVID-19



**70%**

of deaths were in people aged 75 and over



Older people, people with disabilities, people from disadvantaged backgrounds and Black, Asian and minority ethnic people were more affected by COVID-19 deaths and illness



It is estimated that 2.9% of the population will be suffering from long covid four weeks after having Covid – this is over 7,600 people in Haringey in March 2023



Over **10,000**

Haringey residents were in the NHS extremely vulnerable 'shielded' group in 2021



The number of claimants for Universal Credit increased significantly during Covid, with the greatest increases in claims in the east of the borough



Welcome to Haringey's Public Health Report for 2023. This is our first report since Covid-19 and we wanted to share with you some information and data on some of the key health issues impacting Haringey's residents.

The data we have presented here shows some of the real challenges our communities face, with life expectancy beginning to fall in men and in the poorest parts of the borough even prior to the COVID-19 pandemic. As well as challenges with physical health, poor mental wellbeing is becoming more widespread.

To respond to the challenge of worsening health for many of our communities, we are working to improve our health and care system so that it can increase its focus on preventing ill health. We are also working collectively to improve the building blocks of our health and wellbeing, such as the quality of our housing, the air we breathe and financial security.

We can only make improvements in the health of our communities by working together with each other across Haringey, reaching into and listening to our communities.

## NEXT STEPS

Over the next few months we will be developing a new Health and Wellbeing Strategy for Haringey, and we want to involve our community in shaping the strategy and asking what we need to support better health for Haringey residents.

The information and data in this report along with previous engagement we have done with residents is already helping us to focus down on some priority areas.

1. Improving mental health and wellbeing for children and adults.
2. Giving children the best start in life including supporting good speech and language development.
3. Preventing cancer, heart attacks and strokes, which remain the biggest causes of death in the borough.
4. Working together on some of the building blocks of health, such as good quality housing, safe streets and clean air.
5. Tackling racism and discrimination in all its forms to reduce inequalities in the borough.

I would be interested to hear your thoughts on this report so please get in touch at [will.maimaris@haringey.gov.uk](mailto:will.maimaris@haringey.gov.uk)

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Further information and data on health and wellbeing needs in the borough can be found at [www.haringey.gov.uk/jsna](http://www.haringey.gov.uk/jsna)

