

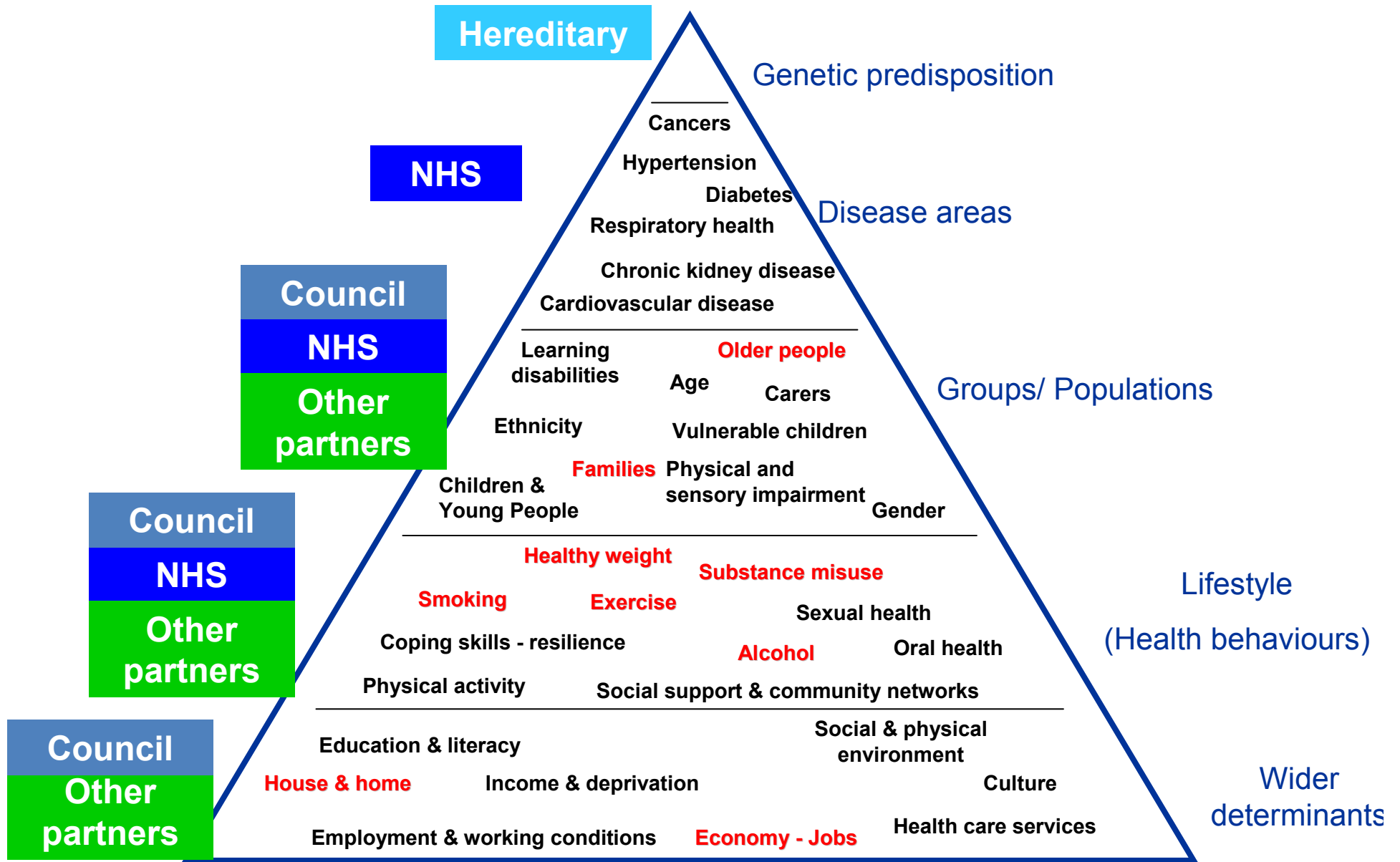
Health of Southwark



Dr Ann Marie Connolly
Director of Public Health

Health System

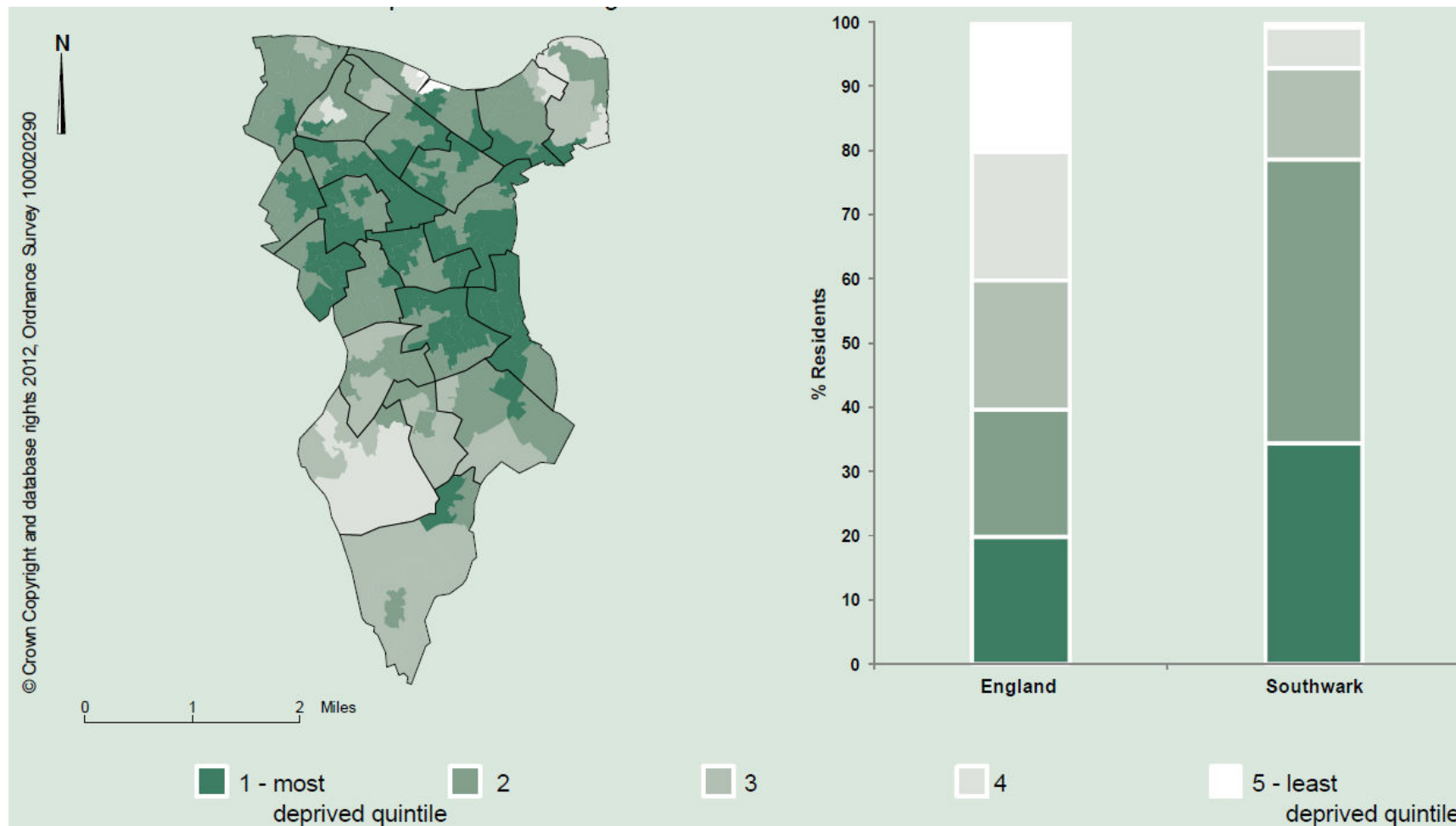




Southwark's population health

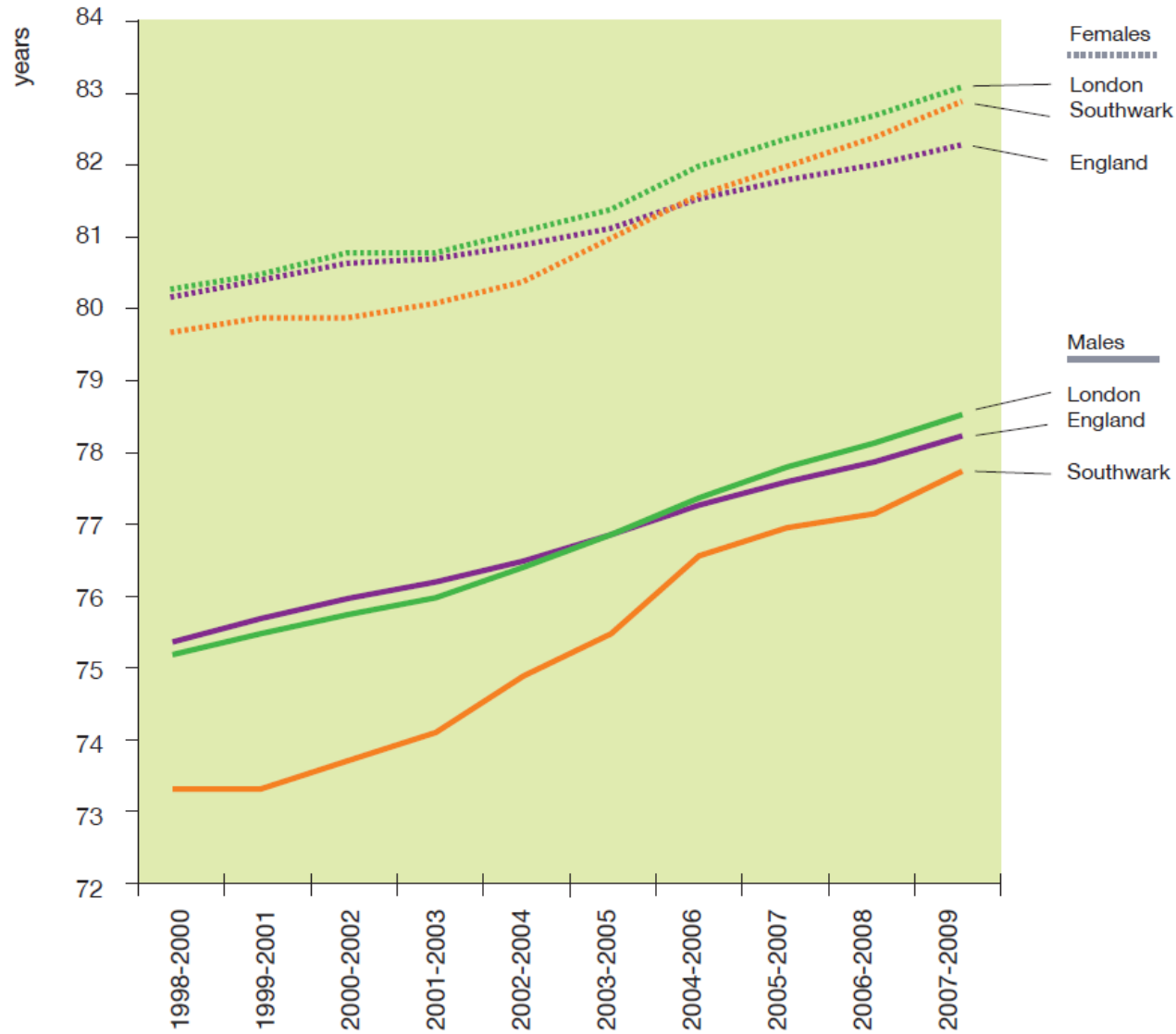


Indices of Multiple Deprivation 2010

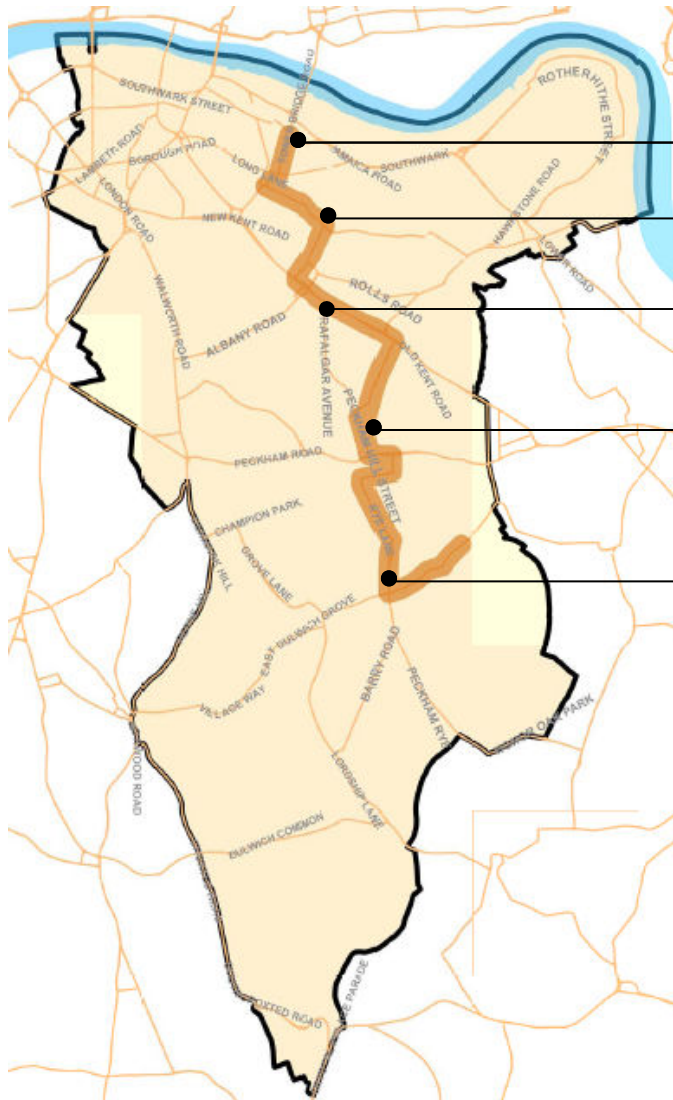


Life expectancy males & females

Life expectancy at birth



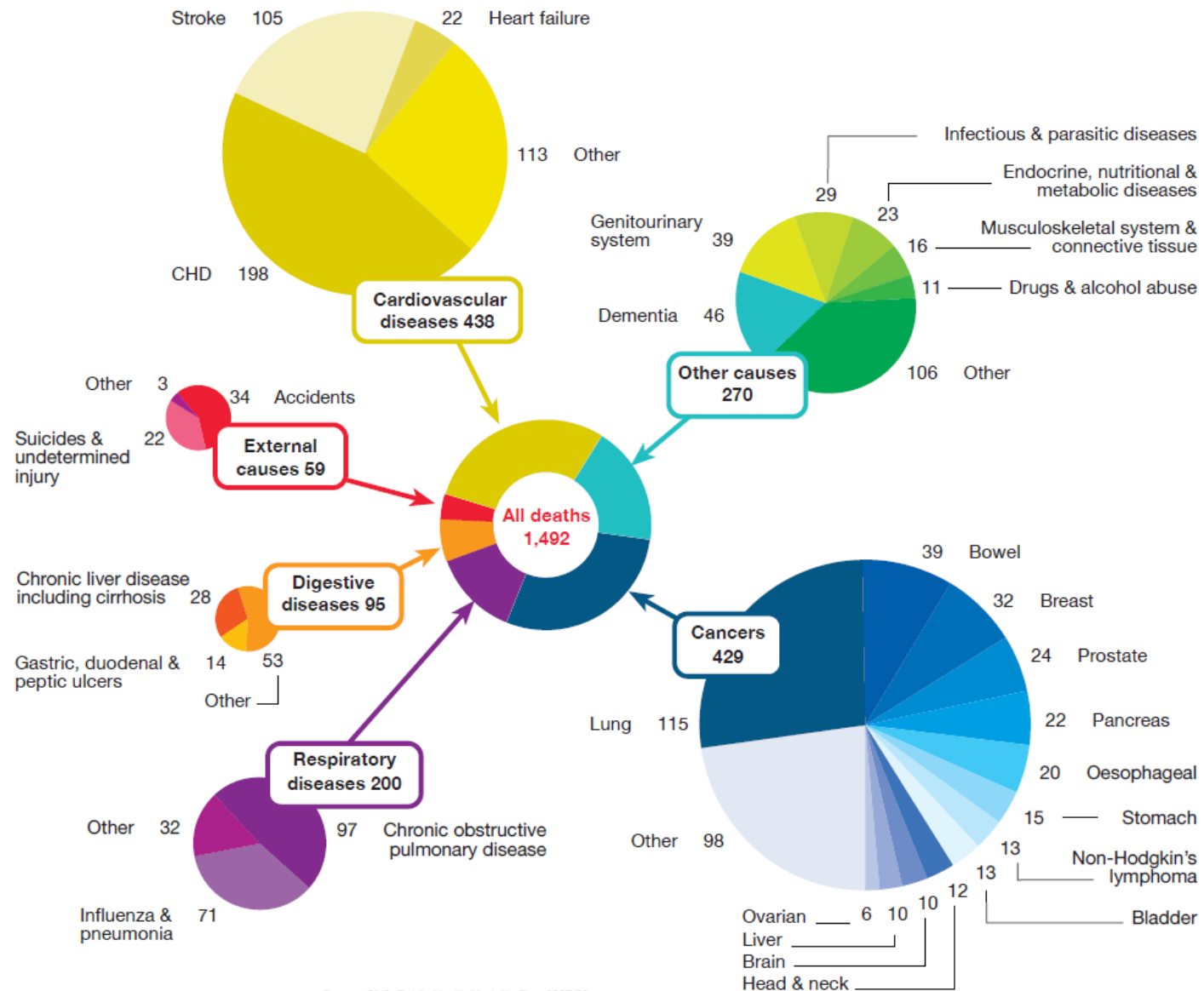
Bus route 78 – Life expectancy



Tower Bridge	78.0 years
Grange Road	77.8 years
Malt Street	77.2 years
Peckham Library	75.7 years
Linden Grove	71.2 years

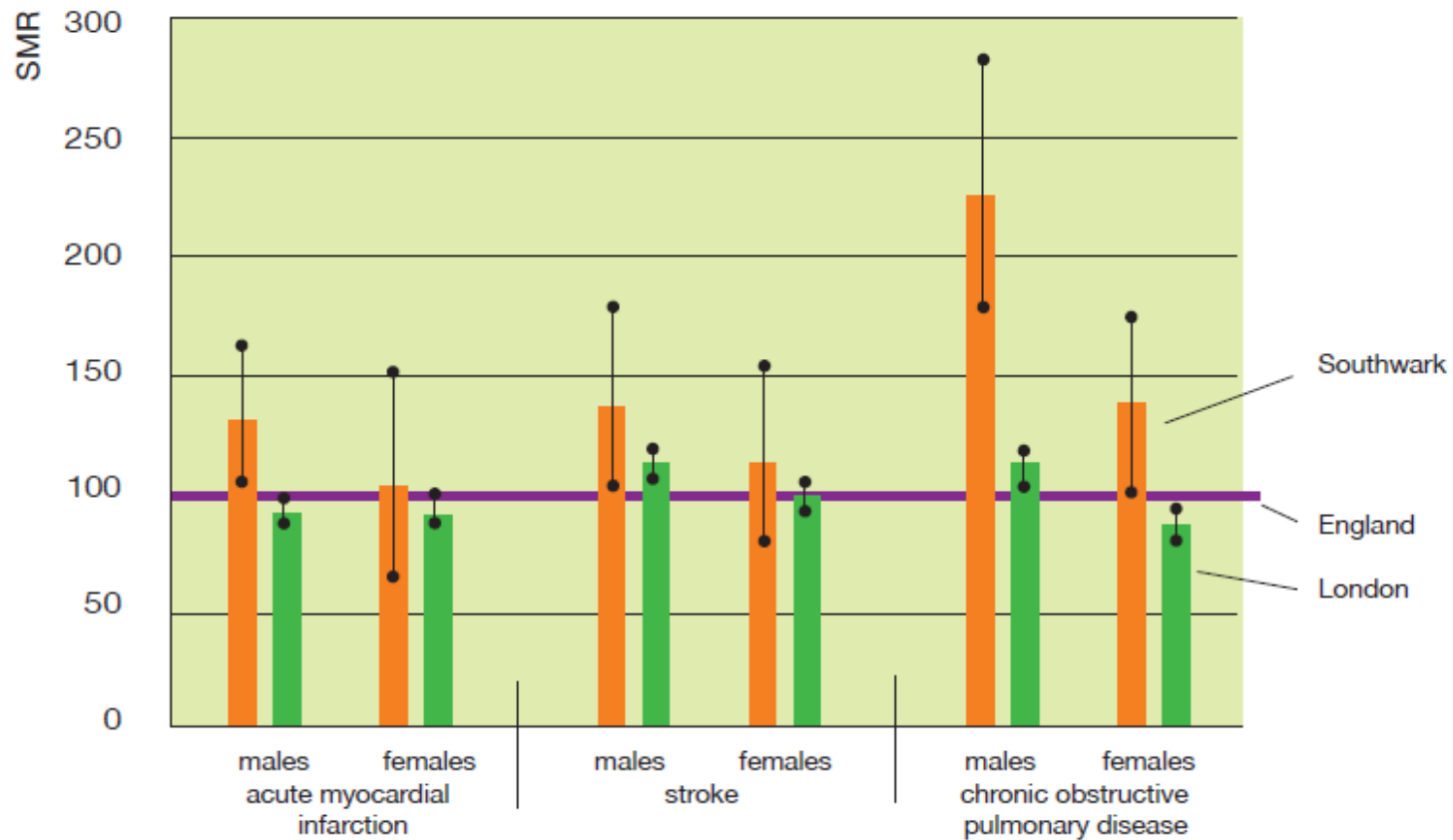
Source: London Health Programme HNA:
Ward level male life expectancy 2005 - 2009

Causes of early deaths (2007-9)



Source: ONS, Public Health Mortality files, 2007/09

SMR under 75 year olds

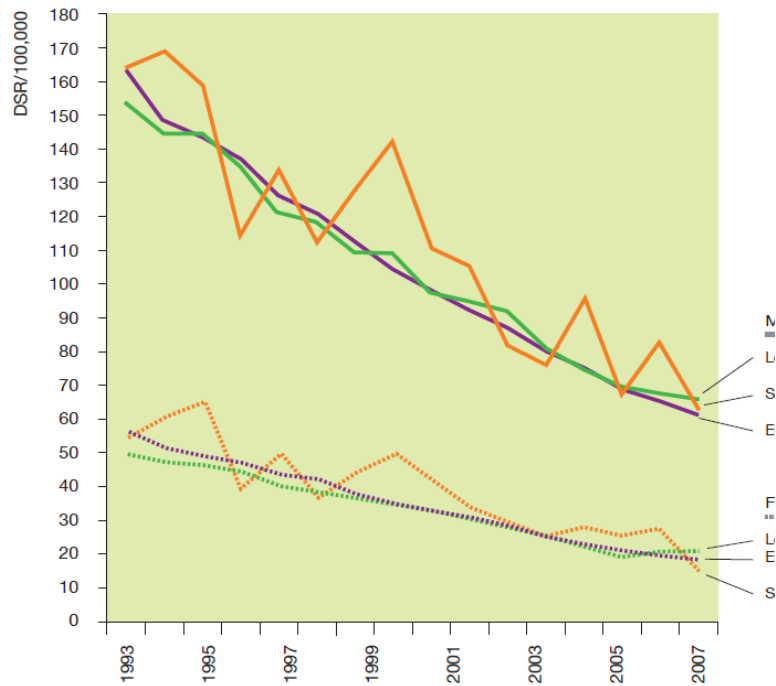


Source: The NHS Information Centre for Health and Social Care, NCHOD

2006-2008

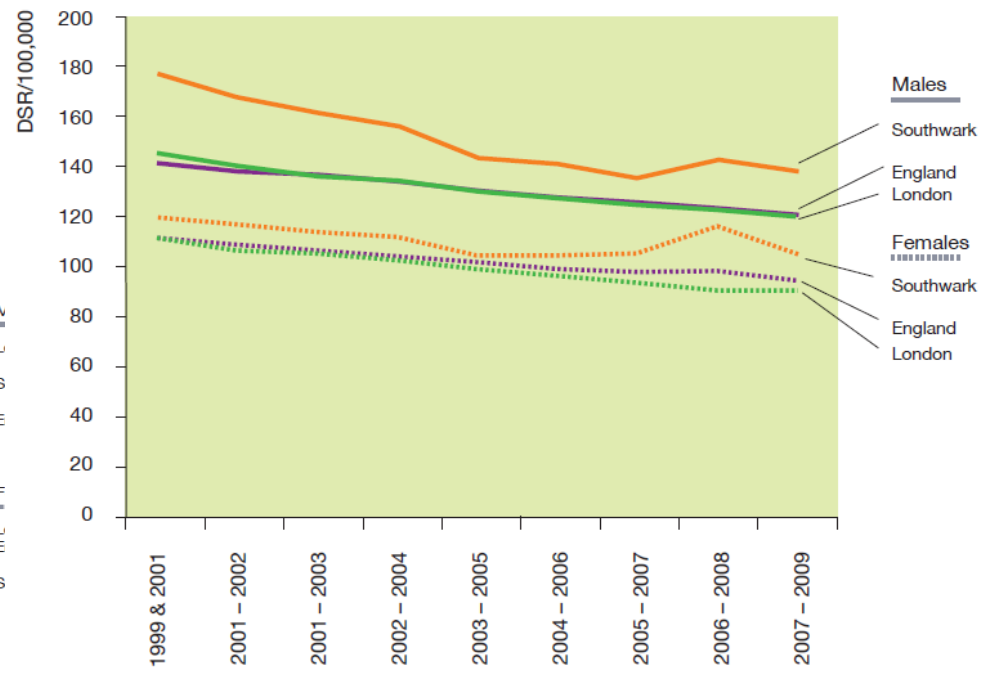
Mortality – CHD & all cancers

CHD mortality, aged under 75



Source: The NHS Information Centre for health & Social Care, NCHOD

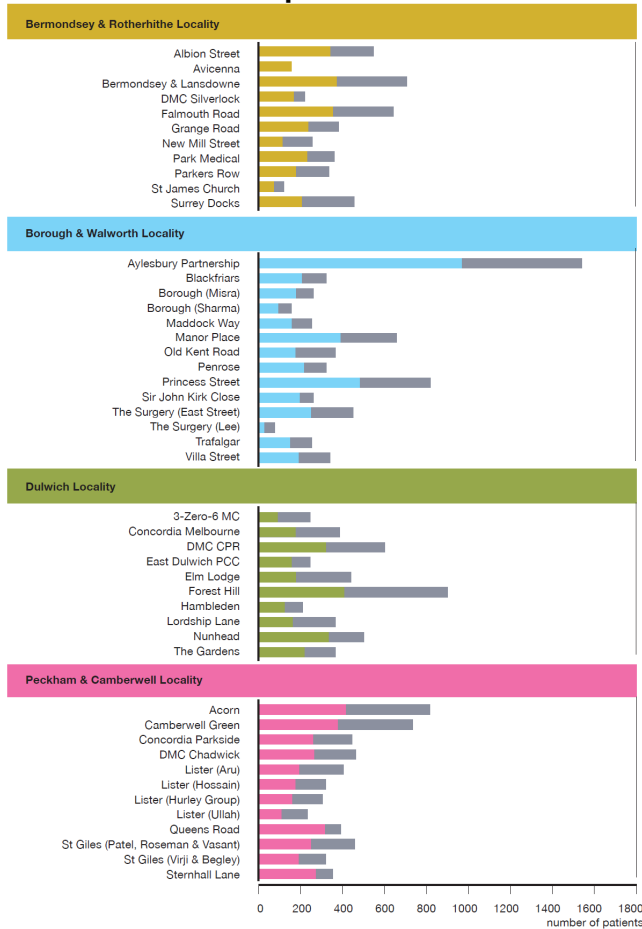
All cancer mortality



Source: The NHS Information Centre, NCHOD

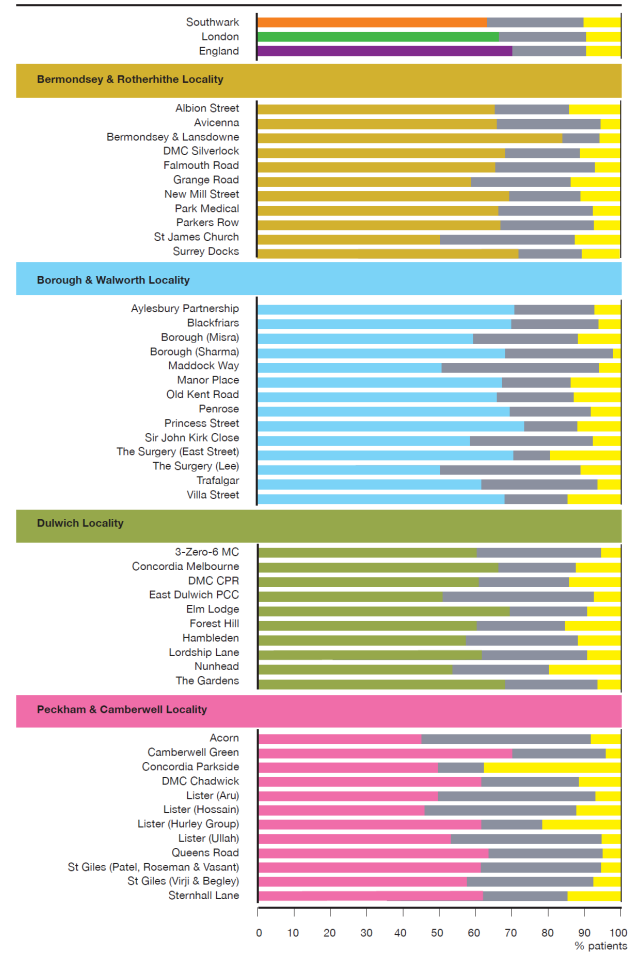
Variation in detection & care

Diabetes – prevalence & expected



Sources: actual prevalence – QMAS database, 2009/10 data as at end July 2010; expected prevalence – Assoc of Public Health Observatories Diabetes Prevalence Model with input from Southwark Diabetes Modernisation Initiative

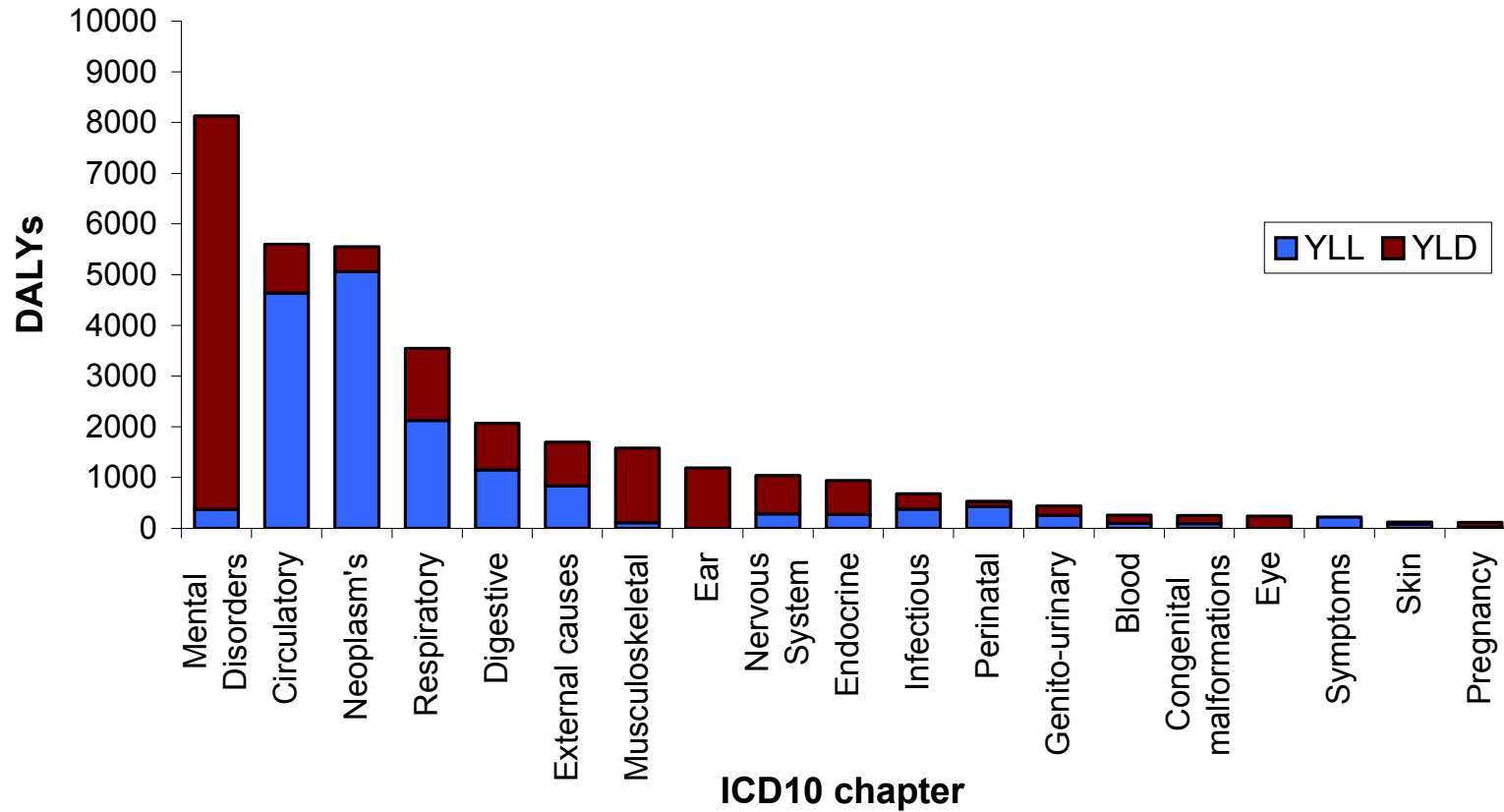
Percentage HbA1c <= 8



Source: QMAS database, 2009/10 data as at end of July 2010

Disability adjusted life years lost

DALYs in Southwark 2005 *



* using standard LE & 3% discounting

Source: Dodhia and Phillips, 2008

Modifiable risks



Modifiable risk factors for key diseases

CHD & strokes

- Smoking & tobacco use
- Poor diet
- Diabetes
- High blood cholesterol
- Obesity
- Hypertension
- Physical inactivity
- Excessive alcohol

Diabetes

- Obesity (> 90% type 2 overweight)
- Poor diet
- Physical inactivity

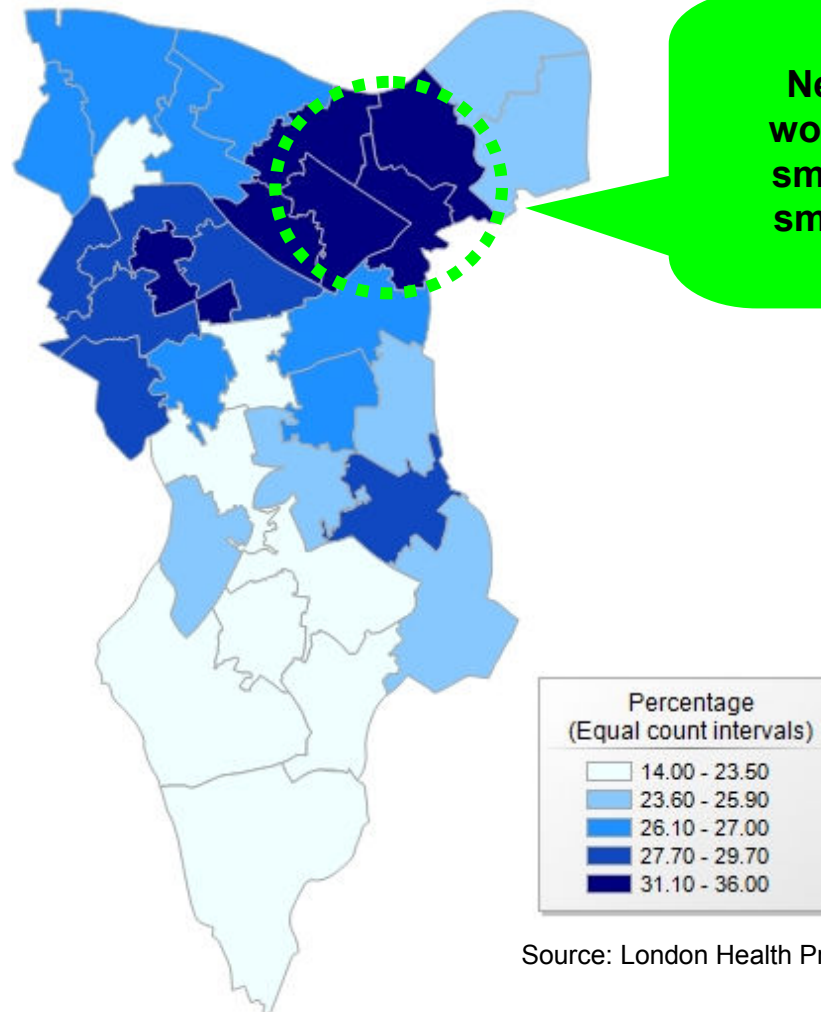
COPD

- Smoking

Smoking prevalence

Model Based Estimate for Smoking

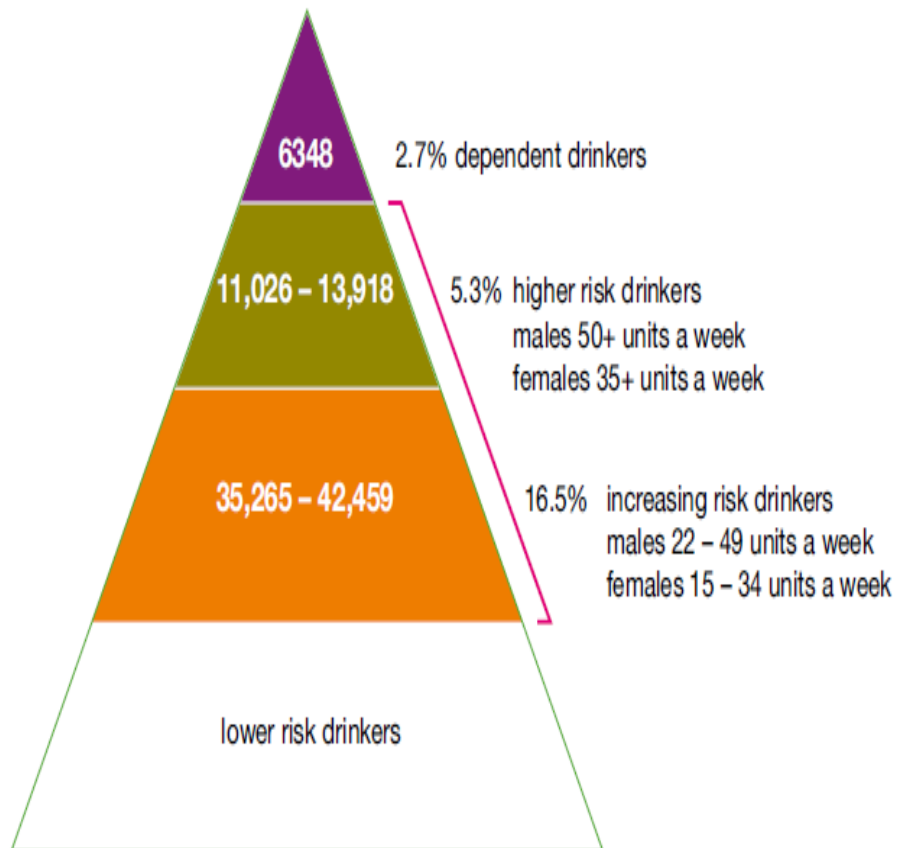
Local authority: Southwark Period: 2003 - 2005



Need for targeted work: enforcement, smoke free homes, smoking cessation

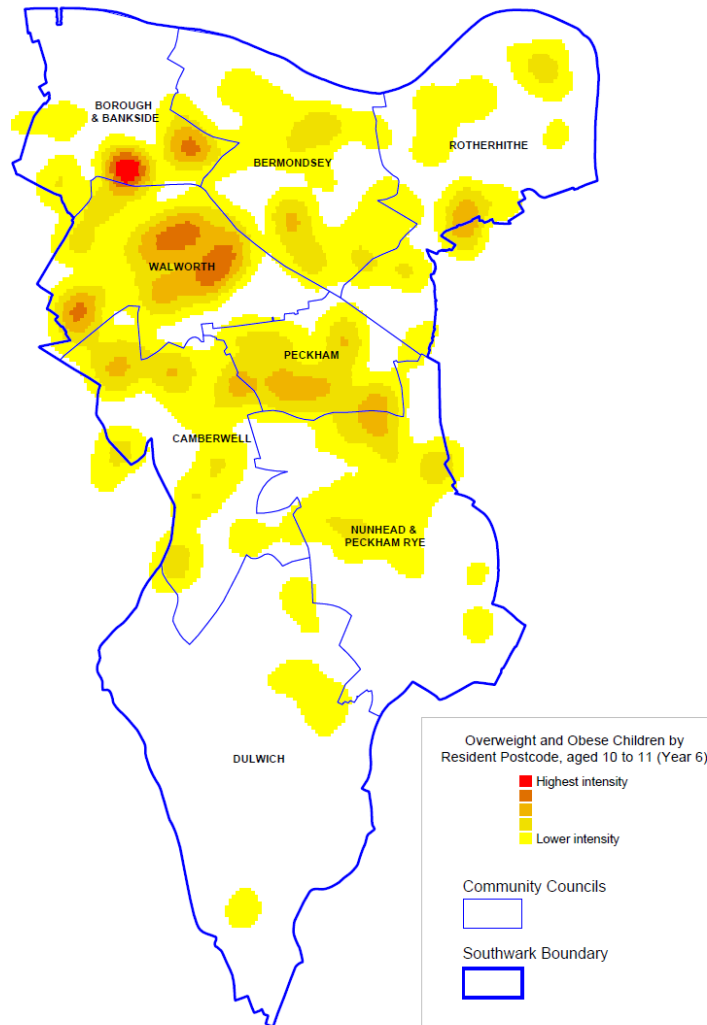
Source: London Health Programme

Alcohol



- 45% of Southwark residents drink over the recommended safe level of alcohol per day (2-3 units for women; 3-4 units for men).
- **3262** residents went to hospital for health problems related to alcohol in 2008/09,
- **64** died due to alcohol use (death due to liver disease was particularly high).

Unhealthy weight



Total Year 6 (10 – 11 year olds) -
41.8% overweight or obese

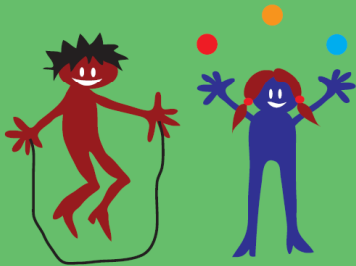
- Excess weight is responsible for:
 - Nearly 9% of all deaths
 - 10% of all cancer deaths amongst non-smokers
 - 85% of all hypertension cases
- For each unit increase in body mass index the risk of coronary artery disease more than trebles
- Overweight & obesity costs NHS in Southwark £86.1 million in 2010

Five Ways to Wellbeing

Connect



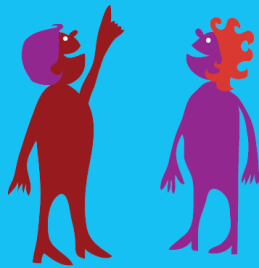
Be Active



Keep Learning



Take Notice



Give



wellbeing and happiness in Lambeth



Key Messages

Key health issues

- Significant inequalities in health within Southwark
- Major causes of death
 - CHD & strokes
 - Cancers (lung)
 - Respiratory disease (COPD)
- Mental health major cause of morbidity

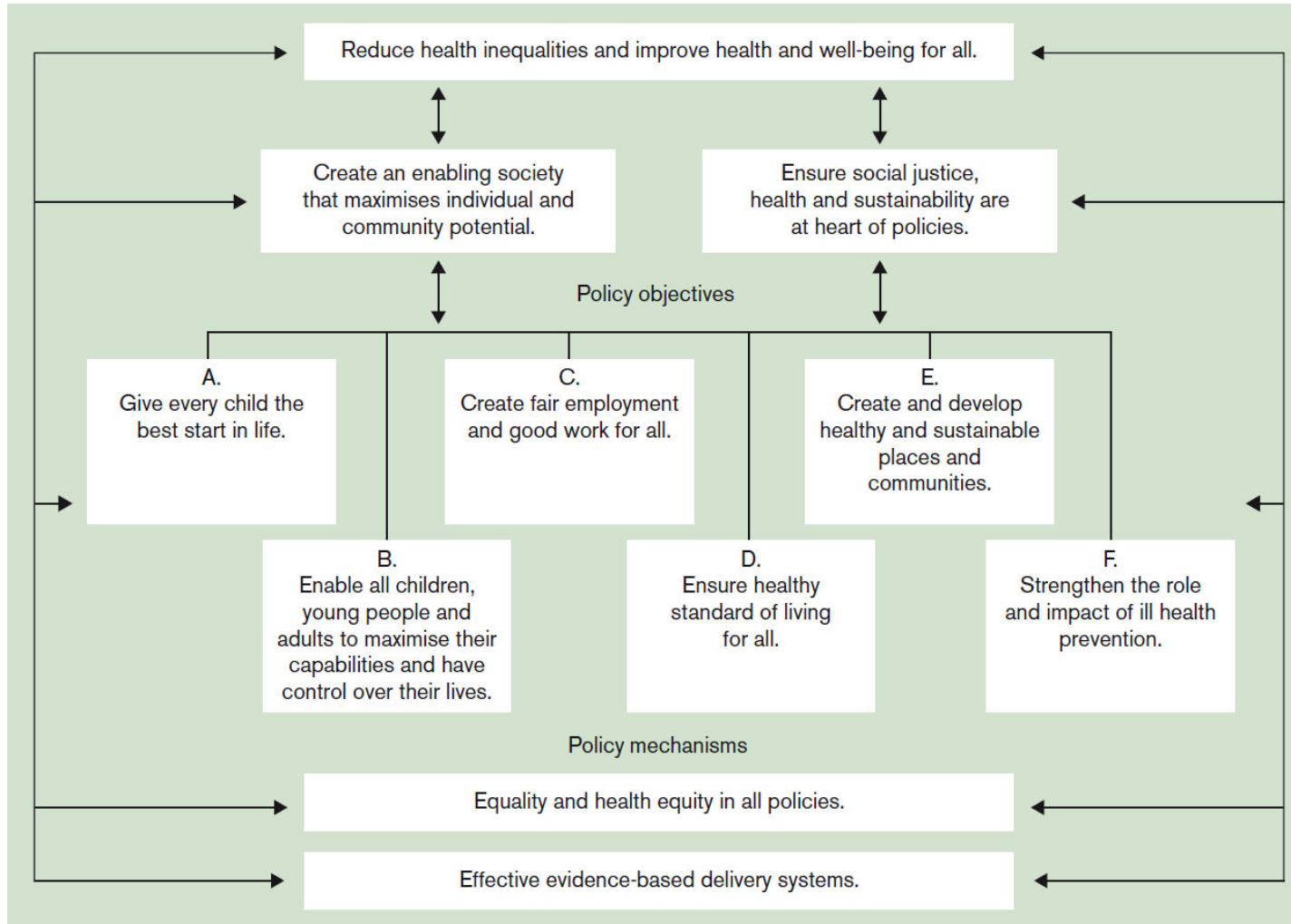
What can we do?

- Improving health is about
 - Wider determinants of health
 - Prevention of risk factors
 - Detection of conditions
 - Improving quality of care
- Common risk factors: Obesity, diet, physical activity, alcohol
- Improve detection – cancer screening, NHS Health Checks
- Improve management of common chronic health conditions

Improving health & tackling inequalities



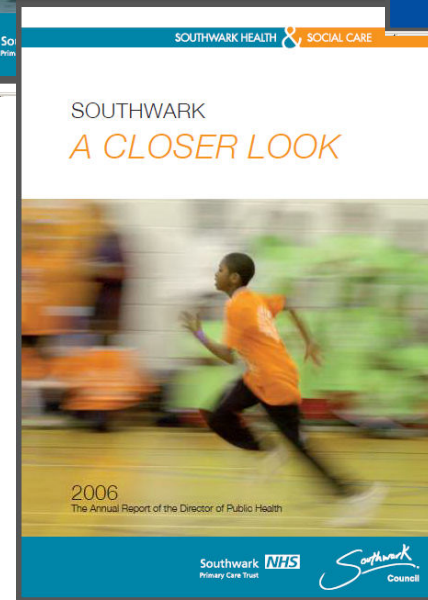
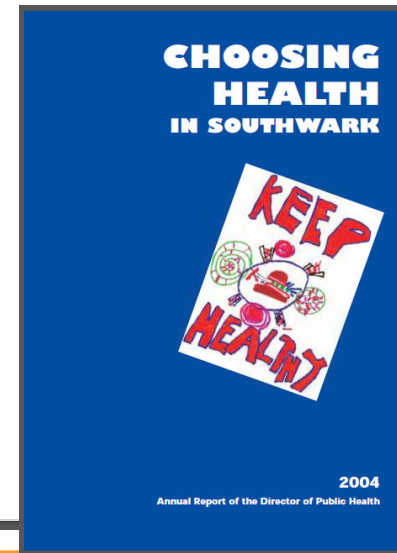
Fair Society, Healthy Lives



Source: Marmot Review

Annual Public Health Reports

www.southwarkpct.nhs.uk



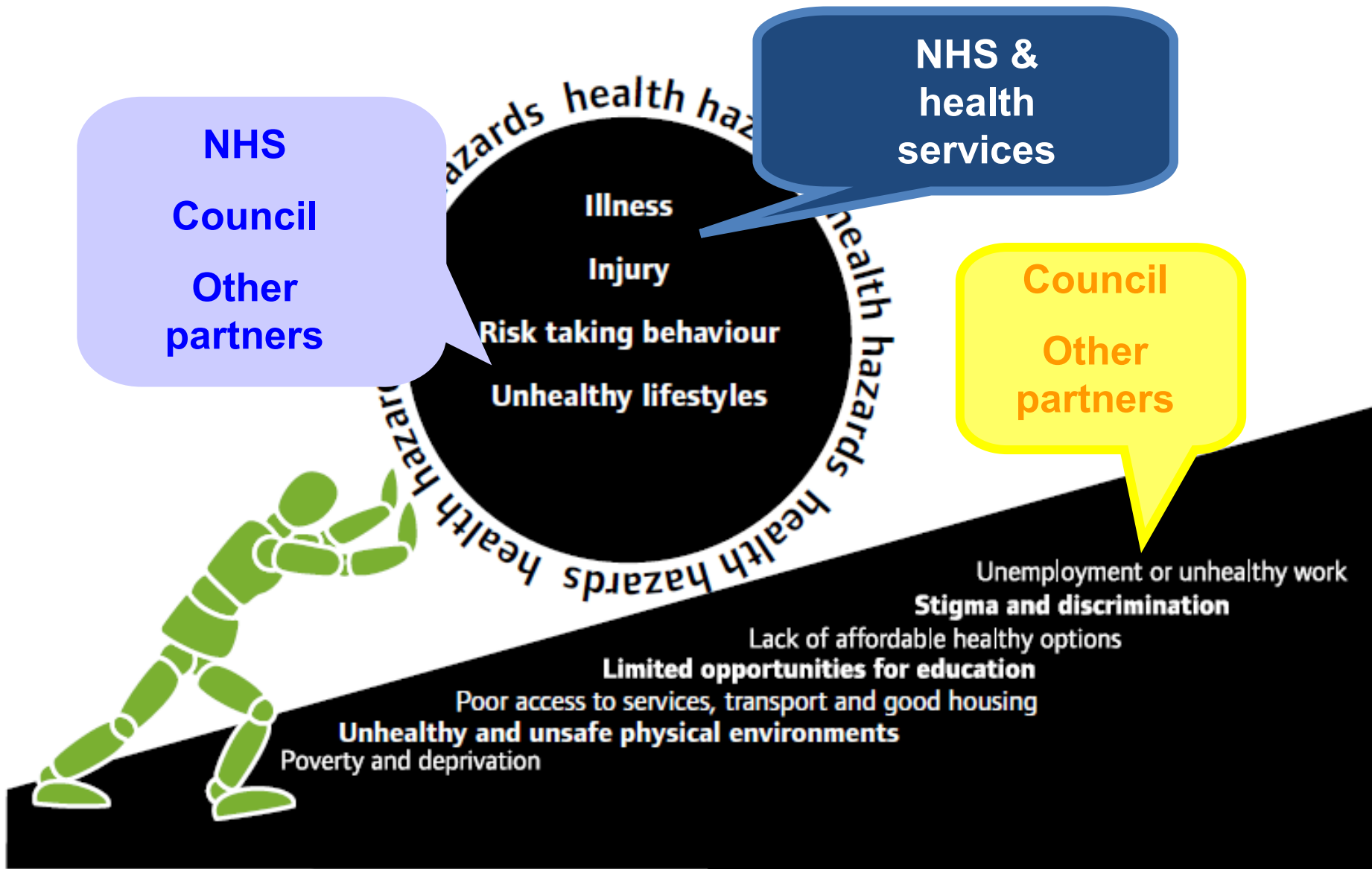


Shadow Health & Wellbeing Board

Four emerging Southwark HWBB priorities

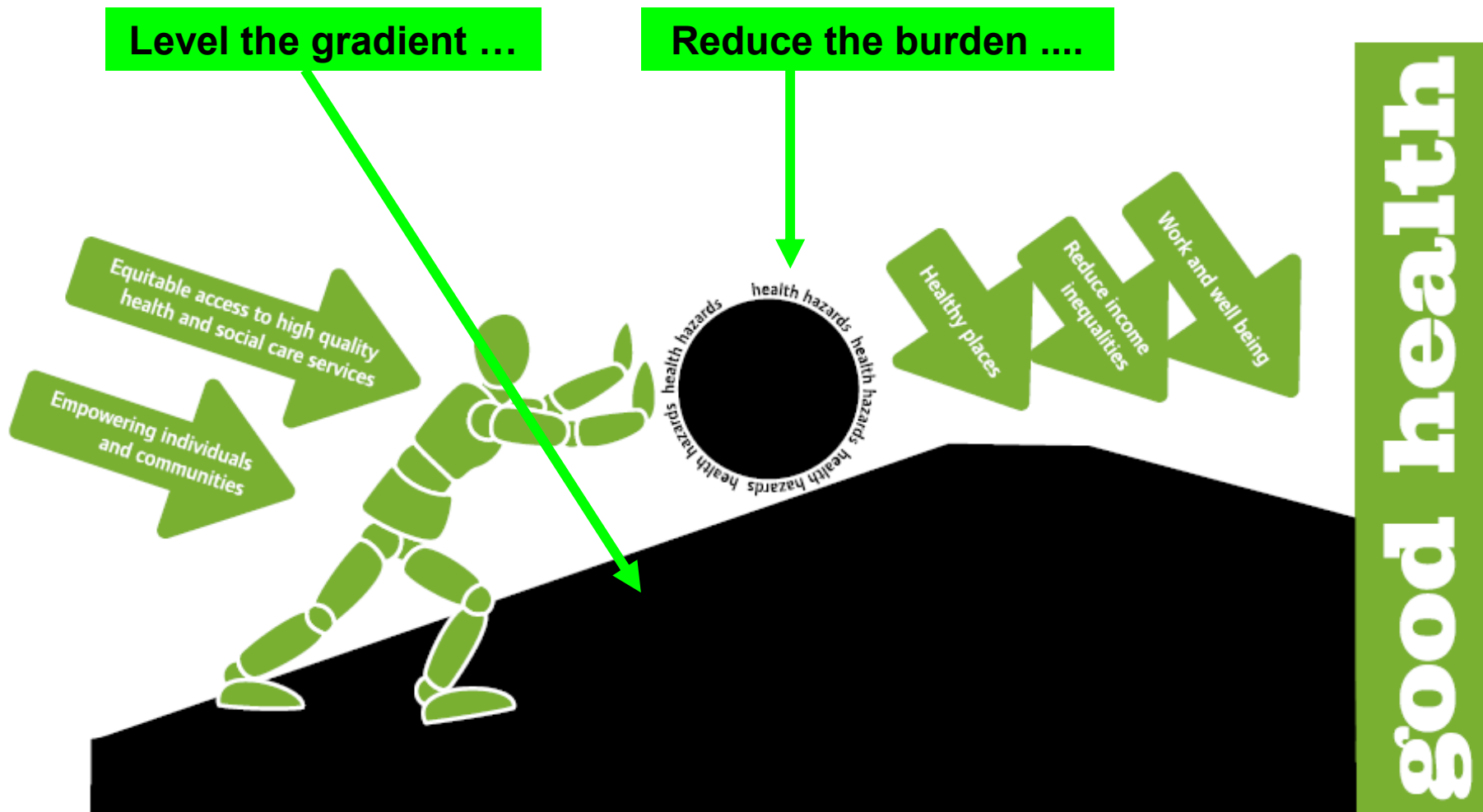
- Prevention or reduction of alcohol-related misuse
- Coping skills, resilience and mental wellbeing
- Early intervention and families
- Healthy weight and exercise

....more widely, the challenge is



Adapted from the Intersectoral action for Health WHO 1986 diagram

From London Health Inequalities Strategy



Adapted from the Intersectoral action for Health WHO 1986 diagram

From London Health Inequalities Strategy

Questions?

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