Appendix I

Profiling independence: prevention and intervention

Waltham Forest – Demographic profile:

Waltham Forest is an outer London borough, situated north-east of the city centre. It covers an area of 39 square kilometres, and has a population density of over 5,598 people per square kilometre, higher than the average for outer London (3,582 people per square kilometers).

In 2006 there were 221,700 people living in Waltham Forest.

RESIDENT POPULATION

Total population (2006)

	Waltham Forest (numbers)	London (numbers)	Great Britain (numbers)
All people	221,700	7,512,400	58,845,700
Males	110,800	3,714,100	28,840,600
Females	110,900	3,798,300	30,005,200

Source: ONS mid-year population estimates

Working age population (2006)

	Waltham Forest (numbers)	Waltham Forest (%)	London (%)	Great Britain (%)
All people - working age	146,600	66.1	67.0	62.2
Males - working age	76,100	68.7	69.9	66.1
Females - working age	70,400	63.5	64.1	58.6

Source: ONS mid-year population estimates
Note: % is a proportion of total population

www.nomisweb.co.uk - 07/03/2008

Population

Around 221,900 people (89,800 households) live in Waltham Forest and the population is expected to rise to 225,900 by 2015 (POPPI 2008[1]). Residents are relatively youthful; with 26% being under 20, and 35% aged 25-44, which is significantly higher than the UK average. 11% of the population are older people aged over 65 years.

Waltham Forest is the tenth most ethnically diverse borough out of the 33 London boroughs, with 35.5% of the population being from a minority ethnic background. The largest minority ethnic groups are Black Caribbean 8.2%, Pakistani 7.9% and Black African 5.7%.

Employment

Around 61,000 people work in Waltham Forest, primarily in the wholesale and health sectors and are managers or professionals. Over half the people working in the borough are residents, mostly employed in administration or skilled trades. Waltham Forest rate of unemployment is 7.9%, higher than London (7.3%) and Great Britain (4.8%).[2]

The annual salary level within the borough is just under £21,000, which is significantly below the level required for purchasing a minimum entry level property.

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[1] Projecting Older People Population Information System (POPPI) – www.poppi.org.uk

[2] NOMIS – Official labour market statistics 2008. www.nomisweb.co.uk

Deprivation

Waltham Forest is a borough of contrasts in terms of wealth and opportunity. The poorest neighbourhoods in the south of the borough have the shared characteristics of high unemployment, higher incidence of ill health and generally higher levels of deprivation as a whole. The more affluent north of the borough has lower rates of deprivation. However, the wider picture is that twelve of the borough's twenty wards are ranked as being in the top 20% of all deprived wards (national index of multiple deprivations). Overall Waltham Forest is ranked as the 27th most deprived area out of 354 local authority areas in England (ODPM Indices of deprivation 2007)

Although Waltham Forest is classified as an outer London borough, it bears many similarities to inner London, for example, age profile, proportion of the population from black and minority ethnic groups, population density and many indicators of deprivation.

Black and Minority Ethnic Groups

The proportion of the local population from BME groups has increased by about 10% since 1991 (from 25.6% to 35.5% 2001). The white population in Waltham Forest has fallen by about 17,000 people during the same 10 year time period. The proportion of the population from BME groups in Waltham Forest was higher than for England & Wales (8.7%) and for London (28.8%). The 'white' ethnic group category includes white Irish (2.3%) and white other (6.4%), the latter including citizens of the European Union as well as people from Eastern Europe and other countries, many of whom were refugees and asylum seekers. If these are included as minority ethnic groups, the proportion increases to 44.3%. Table 1.2 shows the three largest BME groups in Waltham Forest were black Caribbean (8.2%), Pakistani (7.9%) and black African (5.8%). Waltham Forest now has the second largest Pakistani community of all the London boroughs, the largest being in Newham (8.5%). The most rapid growth has been among black Africans where numbers have more than doubled since 1991.

The age profile of the BME population in Waltham Forest was younger than the white population. Over half (51.6%) of all children under five were from a BME group, the proportion rising to 57.1% if white Irish and white other are included. Half of all young people under 20 years of age were from a BME group (55.6% if white Irish and white other are included). In contrast 87.6% of people aged 65 and over were white (82.2% being white British) with the proportion of people who were from white groups increasing with age.
For the first time the 2001 census asked a voluntary question about people's religion. Some 56.8% of respondents gave their religion as Christian, similar to the London average of 58.2%. The next largest religious group was Muslim, which accounted for 15.1% of the population. At 32,902 people this was the third largest Muslim population in London (the largest numbers being in Tower Hamlets (71,389 people) and Newham (59,293 people).

A large number of languages are spoken in Waltham Forest. (Waltham Forest residents speak over seventy languages). The ten most frequently requested languages from the Waltham Forest interpretation and translation services are Turkish, Albanian, Somali, Urdu, French, Polish, Portuguese, Arabic, Romanian and Spanish.

Refugees and Asylum Seekers

It is difficult to get accurate data on the numbers of refugees and asylum seekers living in Waltham Forest. Data on the number of destitute asylum seekers receiving support from the local authority for the week ending 31st October 2003 offers a 'snap shot'. In Waltham Forest there were a total of 1,229 destitute asylum seekers recorded, which was the 11th highest number among the London boroughs. The Waltham Forest Refugee Advice Centre estimates that there are between 9,000 – 10,000 refugees and asylum seekers living in the borough. The largest communities are Somalis, Turkish Kurds and Tamils. Other groups living in Waltham Forest include Congolese, Ghanaians, East Africans, Albanians, Kosovans, Algerians, Angolans, Iraqis and Afghanis.

Limiting Long Term Illness

A total of 36,110 people in Waltham Forest reported a limiting long-term illness. This includes any long term illness, health problem or disability that limits daily activities or work. The proportion of people reporting such an illness has increased from 12% in 1991 to 16.5% in 2001. This was lower than the national average of 18% due to the younger population profile in Waltham Forest.

The proportion of households with at least one member with a limiting long-term illness has increased from 23.8% in 1991 to 32% in 2001. 13% (18,480 people) of adults of working age in Waltham Forest, reported a limiting long-term illness compared to London as a whole with 11.9% and England at 13.3%. Waltham Forest ranked eighth highest and this has an important impact on the local workforce [3]

Disability

The proportion of adults aged 16–74 years in Waltham Forest who were registered as permanently sick or disabled was 5%. This was lower than the proportion for England and Wales (5.5%) but higher than the average for London (4.6%).

Carers

A new question in the 2001 census asked the number of hours given in unpaid care to members of the family. One in 12 of the local population (8.6% or 18,823 people) reported providing unpaid care. 35% of these gave 20 or more hours of care per week, and of these over 4,000 people gave 50 or more hours of care per week (22% of all carers).

Household Structure

Since the 1991 census there has been an increase in the total number of households, due mainly to an increase in one person households. In 2001 there were 29,271 one-person households (33.1% of all households compared to 31% in 1991). This was similar to London (34.7%) and higher than the proportion for England and Wales (30%). A total of 31.3% of all households (28,085) in Waltham Forest have dependent children under the age of 16.
9.5% of all households in Waltham Forest were lone parent households with dependent children. This was the seventh highest in England and Wales and higher than the averages for both London (7.6%) and also inner London (8.4%). 30.3% of households with dependent children in Waltham Forest were headed by a lone parent. Some 93% of lone parent households were headed by a female lone parent and only 26% of female lone parents were in full-time employment compared to 57% of male lone parents. A total of 18% of all households in Waltham Forest were made up of pensioners only (15,883 households). This was lower than the England and Wales average of 24% reflecting the lower proportion of older people in the borough. A total of 11,051 households (12.3% of all households) were pensioners living alone.

Health Inequalities

The overall health of the local population is influenced by a wide variety of social and economic factors. These ‘wider determinants’ contribute to the inequalities in health status seen between different groups. The need for co-ordinated action across government departments and other agencies to address the underlying determinants of health is one of the key themes of the government’s programme of action for tackling inequalities in health.

Life expectancy in Waltham Forest

The life expectancy for babies born in the period 1999-2001 in Waltham Forest was 74.3 years for males and 78.8 years for females. This was lower than the average life expectancies in England and Wales (75.6 years for males and 80.3 years for females) as well as those for London (75.4 years for males and 80.5 years for females). The life expectancy for females in Waltham Forest was lower than the average for inner London (79.8 years) and was the fourth lowest of the London boroughs. Life expectancy for males in Waltham Forest on the other hand, was higher than the average for inner London (73.9 years). This, however changes from ward to ward, 72.6 (Males) and 79.0 (Females) in the Hoe Street and Cathall wards (see table below)

[3] Health Inequalities In Waltham Forest – Waltham Forest Public Health Report 2003/04; Dr Pui-Ling Li

Waltham Forest: Life Expectancy at birth by wards (2001-2005)[4]

	LIFE EXPECTANCY	
Ward	Males	Females
Leyton	73.8	79.1
Cathall	72.7	77.3
Higham Hill	74.8	81.2
Hoe Street	72.6	79.0
Cann Hall	73.2	80.0
Markhouse	73.5	79.5
Wood Street	74.8	80.3
Lea Bridge	73.5	79.3
High Street	74.4	81.4
William Morris	74.7	79.1
Forest	75.6	81.1
Leytonstone	74.1	78.7
Grove Green	77.3	81.8
Valley	77.1	79.6
Hatch Lane	76.0	79.1
Chapel End	78.0	81.1
Hale End & Highams Park	75.7	82.3
Larkswood	75.1	79.8
Chingford Green	75.0	81.1
Endlebury	77.0	83.5

Sources: © London Health Observatory web site

Geographical measures of deprivation

There were marked geographical inequalities within the borough. The index of multiple deprivation is a composite score that includes measures of income, employment, health and disability, education skills and training, housing and geographical access to services. The current index is based on the old ward boundaries used up to April 2000 (the index based on new ward boundaries is expected late spring 2004). Using this indicator, four wards in Waltham Forest (Leyton, Higham Hill, Cann Hall and Cathall) ranked among the 10% of the most deprived wards in England. There were 8,414 wards in England. A further eight wards ranked among the 20% most deprived wards in England. These geographical inequalities are associated with inequalities in health. Many people living in the more deprived wards in Waltham Forest experienced levels of deprivation and corresponding poor health comparable to any of the most deprived inner city areas. The locality profiles in chapter 10 highlight many of these issues. To make a real improvement in life expectancy the inequalities within Waltham Forest will need to be addressed.

Socio-Economic Group and Employment

Socio-economic group, defined by occupational categories, shows a very close relationship with most causes of death, with lower status and lower paid occupations being associated with increased risk of premature death and disease. Unemployment is associated with particularly poor health outcomes. The socio-economic group distribution in London differed from that of England and Wales. There were higher proportions of people in socio-economic groups 1 and 2 (higher and lower managerial and professional groups) and also higher proportions of people in socioeconomic group 8 (never worked and long-term unemployed).
In Waltham Forest the proportion of people in socio-economic group 1 was 7.9% which was lower than the averages for both inner (14.0%) and outer London (10.9%) and also lower than for England and Wales (8.5%). The proportion of people in Waltham Forest who were classified as long-term unemployed or never worked was 7.5%, which was close to that for inner London (8%) and higher than outer London (4.7%) and England and Wales (3.7%). Measures to help this group of people into employment must be seen as a crucial component of a local strategy to tackle inequalities in health.

[4] Gateways to health – Waltham Forest Public Health Report 2007/08; Dr Pui-Ling Li (2008)

Educational attainment

Education is a powerful determinant of people's lifelong health as it influences both earning potential and also the ability to access information and services. The proportion of people aged 16-74 in Waltham Forest educated to degree equivalent or above at the time of the census was 24%. This was slightly lower than the proportion for outer London (26%). The proportion of people aged 16- 74 with no qualification, 28.5%, was higher than for London (23.7%) but similar to the average for England and Wales (29.1%).

Housing

Housing type and quality is an important indicator of socio-economic status. Poor housing also has a number of direct effects on health. For example, overcrowding can increase the risk of accidents and of transmitting communicable disease and can contribute to social problems, stress and poor mental health. Houses that are inadequately heated can contribute to winter deaths from hypothermia among older people and damp housing can increase the risk of childhood asthma. Homeless people are particularly vulnerable to poor health.

The pattern of housing tenure in Waltham Forest has changed since 1991 with more rented and fewer owner occupied homes. In 2001 58.9% of households were owner occupied, down from 61.5% in 1991. This was lower than the proportion for England and Wales (68.9%) but slightly higher than the proportion for London (56.5%). While there has been a large decrease in the proportion of households rented from the local authority, there has been a corresponding increase in the proportion of households rented from a housing association or registered social landlord (RSL),leaving the overall proportion of social housing only slightly lower (25% in 1991 and 23.8% in 2001). In comparison, in 2001 the proportion of households in social housing in London was 26.2% (17.1% rented from a LA and 9.1% from a RSL) and in England and Wales 19.1% (13.2% rented from a LA and 5.9% from a RSL).

The proportion of households estimated to be overcrowded, that is with one or less rooms per person, was 16%. This was higher than for England and Wales (7%) but slightly lower than that for London (17.3%) and mid way between the proportions for inner and outer London.

A total of 12.3 % of households in Waltham Forest did not have central heating. This was the highest proportion in London, although this has decreased from 28% in 1991. Older people were disproportionately affected, about one in five people aged 60 and over in Waltham Forest lived in housing without central heating rising to nearly one in three for those aged 85 and over.

Homelessness

The supply of social housing has not kept pace with demand resulting in more than twice as many households in temporary accommodation in 2002/03 compared to 2000/01. It is projected that the numbers of homeless households will continue to increase.

Older People in Waltham Forest

According to the 2001 census, there were 33,930 people aged 60 and over living in Waltham Forest amounting to 16% of the total. Nearly one in five (15,883 households) were pensioner only households. This was lower than England and Wales (24%) and was consistent with a younger population age structure in Waltham Forest. The population of older people in Waltham Forest is predicted to fall by 2010. In terms of life expectancy, women tend to live longer than men, and from the age of 65, the proportion of women increases steeply with age. The total population aged 65 and over will increase considerable from 2015 onwards – from 27,500 in 2017 to 31,500 in 2025.

Data for: Waltham Forest

Total population, population aged 65 and over and population aged 85 and over as a number and as a percentage of the total population, projected to 2025 [5]

[5] POPPI 2008

	2008	2010	2015	2020	2025
Total population	221,900	222,800	225,900	229,600	233,500
Population aged 65 and over	23,900	23,800	24,400	25,400	27,500
Population aged 85 and over	3,200	3,200	3,100	3,400	4,000
Population aged 65 and over as a proportion of the total population	10.77%	10.68%	10.80%	11.06%	11.78%
Population aged 85 and over as a proportion of the total population	1.44%	1.44%	1.37%	1.48%	1.71%

The proportion of people from black and minority ethnic groups in Waltham Forest decreased with age from 26.7% of people aged 60 – 64 to 2.9% of people aged 85 and over. If white Irish and white other are included the proportions rise to 34.7% and 5.3% respectively. The largest minority ethnic group among older people was Black Caribbean which made up 9% of people aged 60 – 74 years, followed by Pakistani (4%) and Irish (4%). As the local black and minority ethnic population ages the proportion and number of older people from BME groups will increase. It is predicted that the proportion of the over 64 population from BME groups will increase from 12.4% in 2001 to 19.3% in 2011 1. It is important that local health and social care services respond to these changes in order to provide culturally appropriate services that are responsive to need.

Promoting independence

The majority of older people continue to live in the community, either in their own home or with others. The proportion of older people living in some type of residential care increases with age, but even among those aged over 85 years it was only 12.1%. Both the number and proportion of women living residential care was higher than for men. Older people can become more vulnerable to depression, anxiety and other mental health problems and also to accidental injury, particularly if they lose a partner or lose mobility and independence due to poor health. Good social support networks are vital for promoting the health, well-being and independence of older people. A total of 11,836 people over the age of 60 were living on their own in Waltham Forest. The proportion of older people living on their own increases with age, and the proportion of older women living on their own was higher than the proportion of men, as women are more likely to outlive their partners.

Living conditions

Older people in Waltham Forest were less likely than younger people to be living in overcrowded housing (8.2% of people over 60 rising to 10.3% of people over 85). Waltham Forest had the highest proportion of households with no central heating in London (12.3%). Older people were more likely than younger people to be living in households without central heating, one in five aged 60 and above did not have central heating rising to nearly one in three (28.8%) of those aged 85 and above. This group is particularly vulnerable to hypothermia and therefore winter death.

Health status of older people

Although the proportion of older people living in Waltham Forest was lower than London and England and Wales, they were still the largest users of local health and social care. Just over half of the 33,930 people in Waltham Forest aged 60 and over were living with a limiting long-term illness rising to 77.3% of those aged 85 and over. The main causes of death in older people are the 'big killers' - cancers and cardiovascular disease. The majority of deaths from cancer were in older people. In Waltham Forest, 44% of all cancer deaths in 2001 were in people over 75 years and 71% in people over 65 years.

As their general health and mobility declines, older people become more vulnerable to accidental injury, particularly as a consequence of a fall. In Waltham Forest the mortality rate from accidents for ages 65 and above (DSR 53.41; rank 13[6]) was higher than London (DSR 47.34) and lower than England and Wales (*DSR 55.30).

Older people are also vulnerable to deaths due to fracture of the femur.

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[6] ***The directly standardised rate (DSR)***

The DSR uses what is known as the direct standardisation method. The age-specific mortality or morbidity rates of the subject population (e.g. Waltham Forest) are applied to the age structure of a reference or standard population, in this case, the European standard population. The DSR gives a rate per 100,000 people.

In Waltham Forest the mortality rate from fracture of the femur in ages 65 to 84 (DSR 6.96; rank 12) was higher than London (DSR 5.85) but lower than England and Wales (DSR 8.65). In the 85 plus age group Waltham Forest (DSR 190.20; rank 6) was higher than both London (DSR 105.68) and England and Wales (DSR 152.78). The majority of falls in older people do not directly lead to death but can often start a process of deterioration, with reduced mobility leading to declining independence and mental and physical health. The National Falls Collaborative estimates that one in three of all adults living in the community fall each year and that 40% of hospital admissions are as a result of a fall. Influenza is responsible for a substantial number of deaths each year, particularly amongst older people. See chapter 9, page 49 for details of influenza immunisation.

Older People as Carers

Many older people are not just receivers of care, but are providers of unpaid care to others. According to the 2001 census, 4,182 of 33,930 people (12.3%) aged 60 and over were providing care to others, of whom 1,403 (4.1%) were providing 50 or more hours of care per week. A total of 158 of these carers were aged 85 or over. This is a significant contribution and one that requires monitoring, both to safeguard their health and to find more and better ways to support this vulnerable group.

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