

Tower Hamlets

The Local Picture:

Population, demographics,
and health and well-being of
residents

Thanks to Tower Hamlets Public Health Team



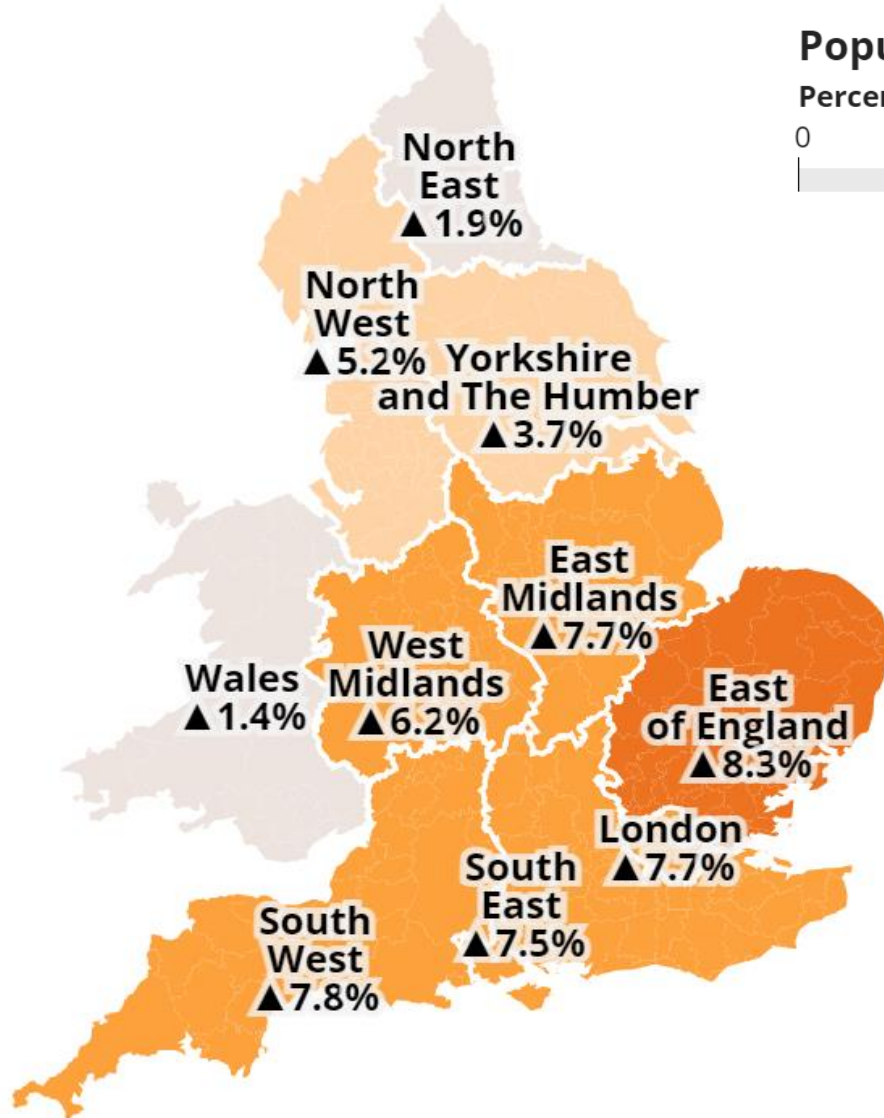
1. Population estimates for Tower Hamlets – the 2021 Census
2. Demographics and deprivation
3. Mental health in Tower Hamlets
4. Social determinants of health



Findings from the 2021 Census

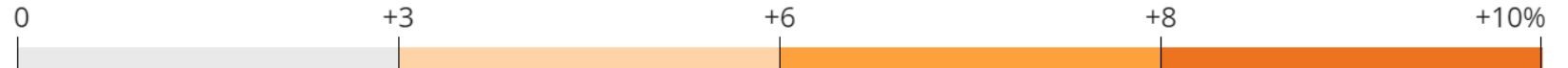


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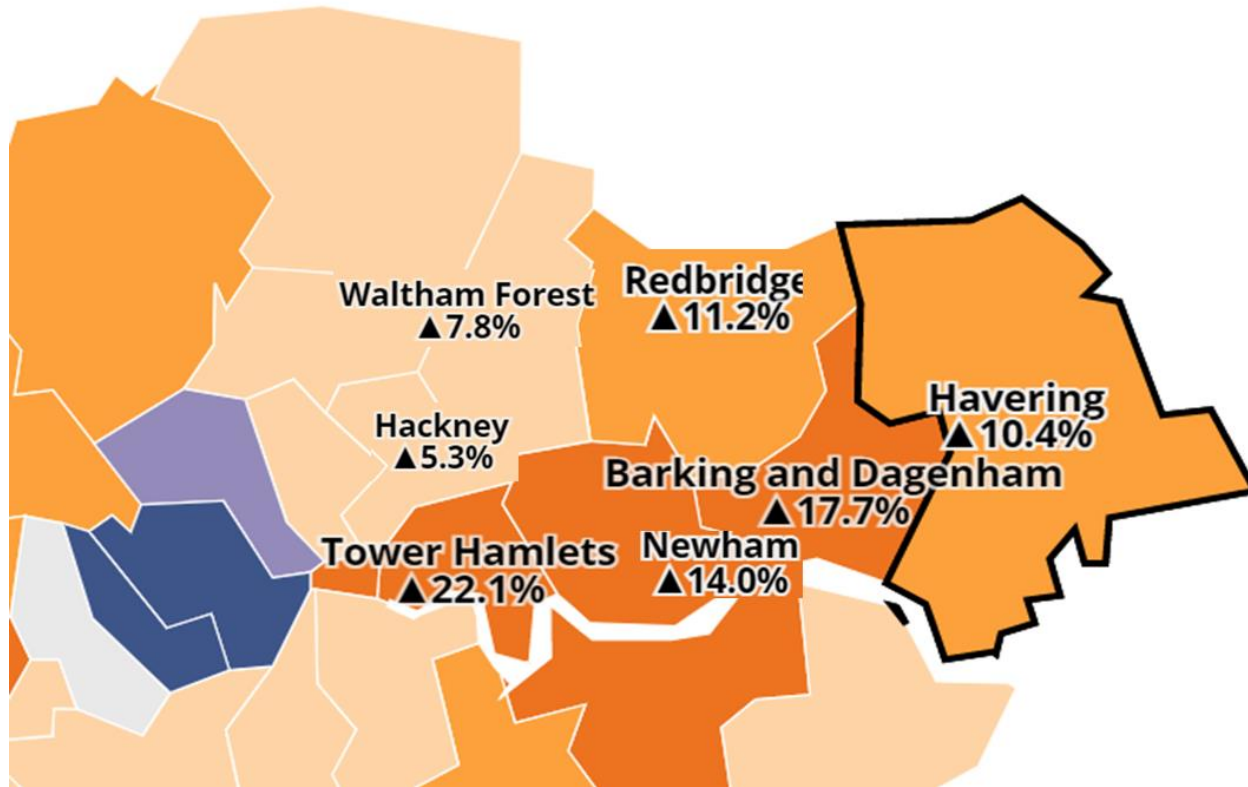
Population change (%) in English regions and Wales between 2011 and 2021

Percentage growth



There were 59,597,300 people living in England and Wales on 21 March 2021, the day of the latest census. This is over 3.5 million more (6.3%) than in 2011 and is the largest census population ever recorded.

Population change of local authority areas in London between 2011 and 2021



In London as a whole, the population grew by 7.7%. The largest population increases in London have been seen in [Tower Hamlets](#) and Barking and Dagenham where the populations have grown by **22.1%** and 17.7%, respectively. In Hackney, the population size has increased by 5.3%, lower than the overall % increase in London.



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Source: <https://www.ons.gov.uk/visualisations/censuspopulationchange/>

Population changes in East London

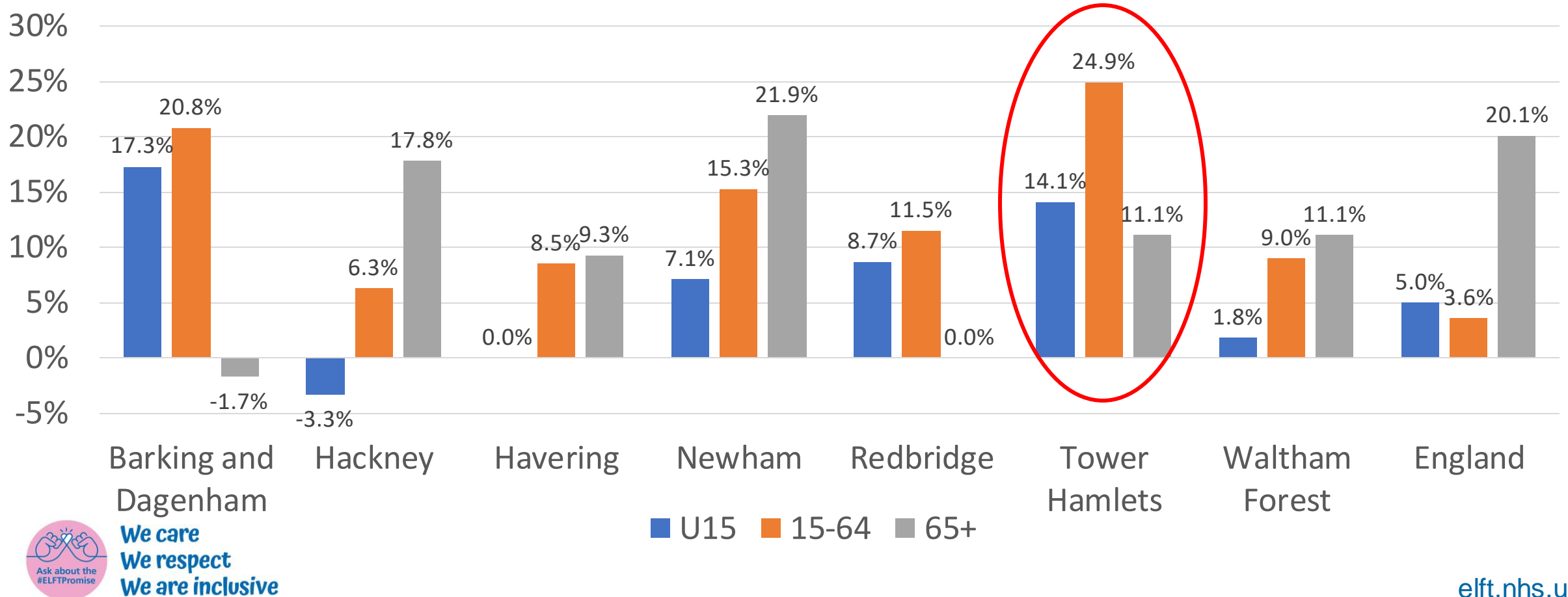
Local authority area	Usual resident population, 2011	Usual resident population, 2021	Number change	Percentage change
City of London	7,375	8,600	1,225	+16.6
Barking and Dagenham	185,911	218,900	32,989	+17.7
Hackney	246,270	259,200	12,930	+5.3
Havering	237,232	262,000	24,768	+10.4
Newham	307,984	351,100	43,116	+14.0
Redbridge	278,970	310,300	31,330	+11.2
Tower Hamlets	254,096	310,300	56,204	+22.1
Waltham Forest	258,249	278,400	20,151	+7.8
LONDON				+7.7
ENGLAND				+6.6



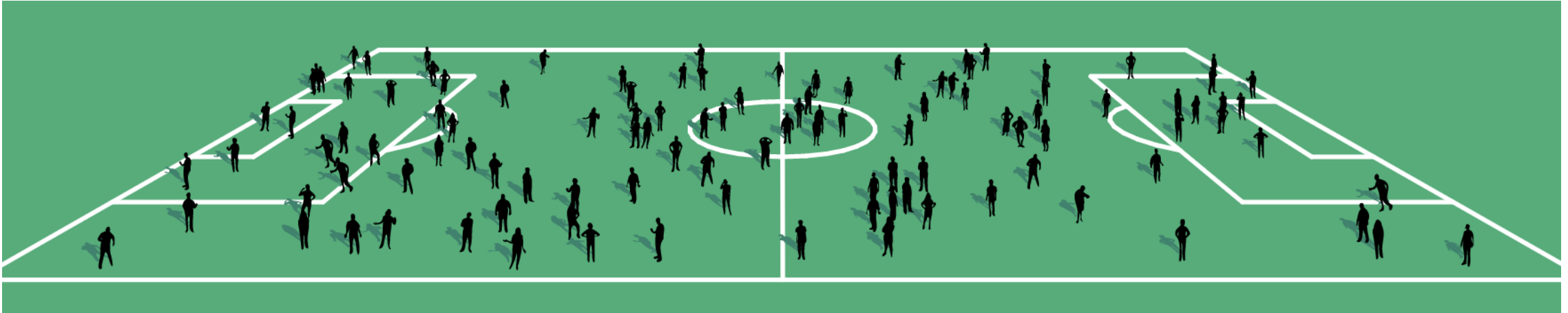
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% Population increase by age group - East London



As of 2021, Tower Hamlets is the most densely populated of London's 33 local authority areas, with around 112 people living on each football pitch-sized area of land...



...For comparison the England average is three people for every football pitch-sized piece of land



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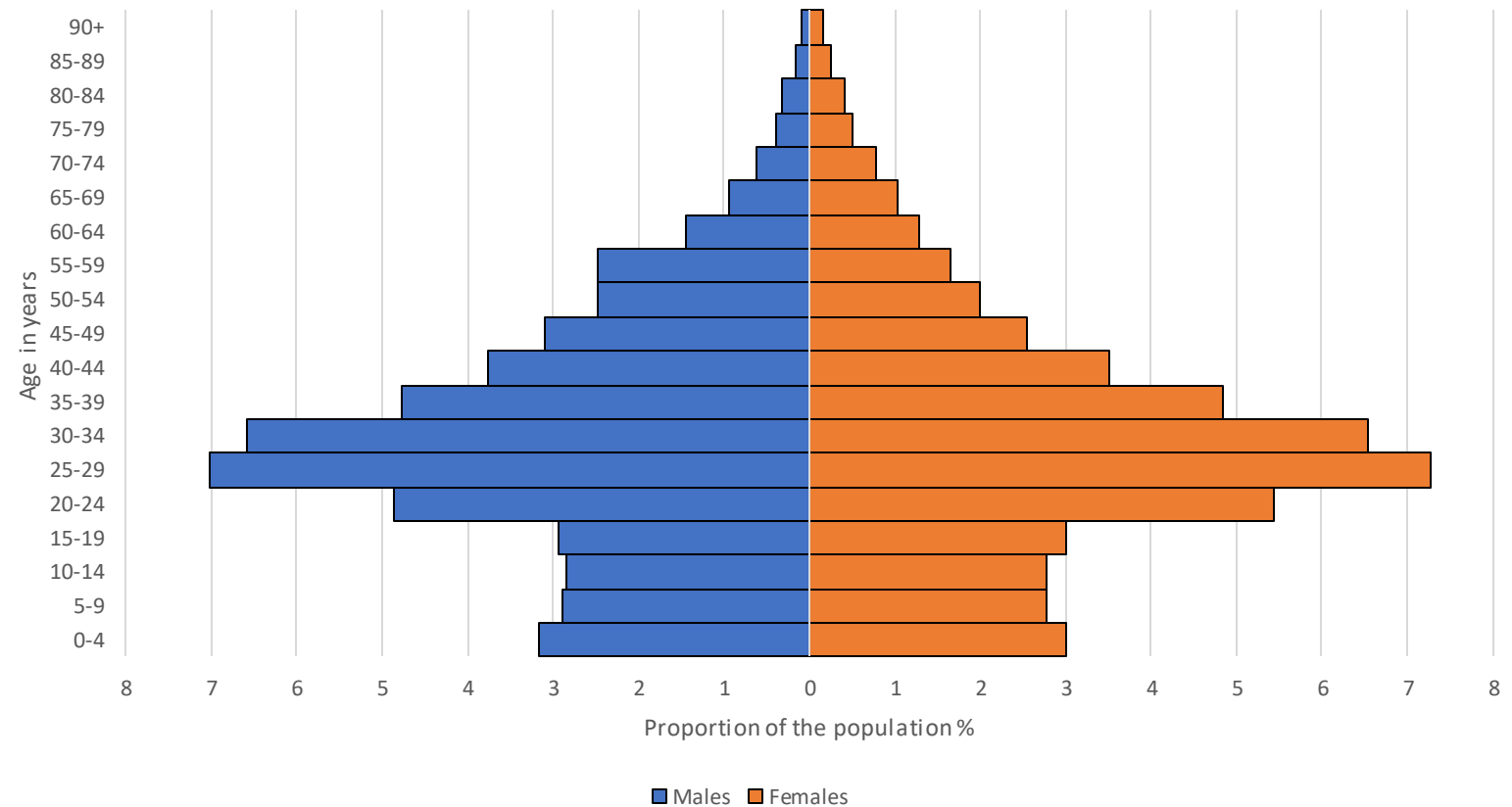
Demographics and deprivation



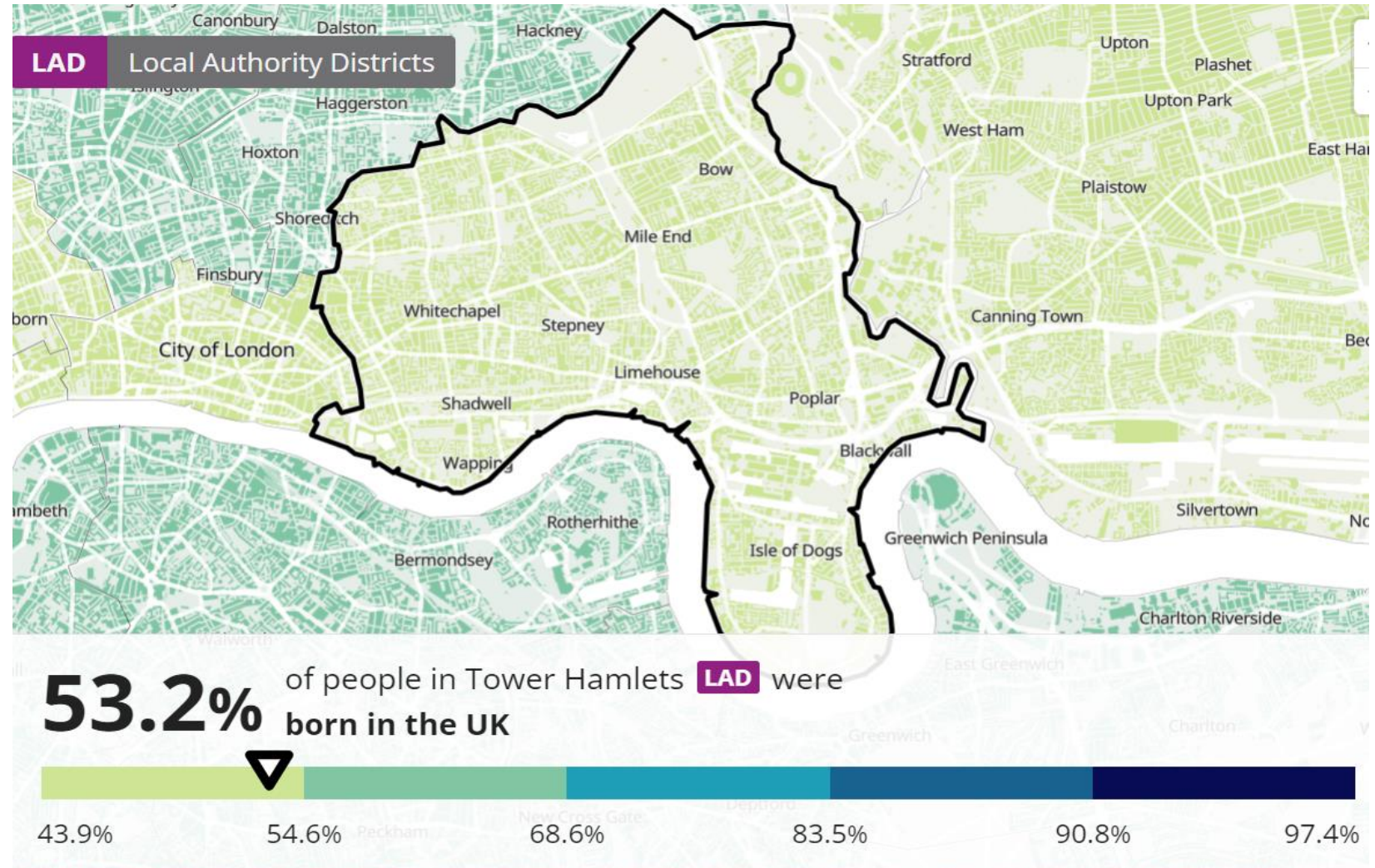
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Tower Hamlets has a large working age population, particularly in the 20–39-year age group

The age and sex distribution of the population of Tower Hamlets (2021 Census)



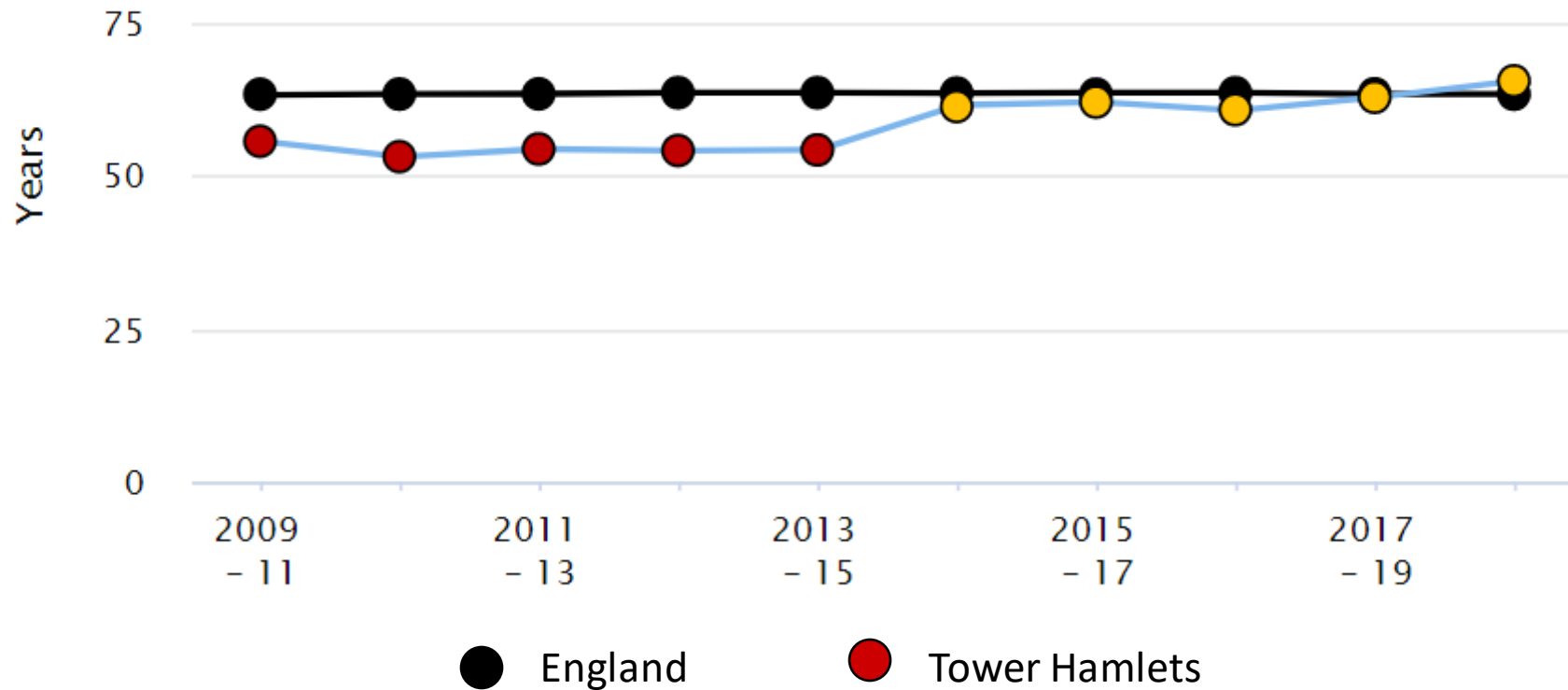
53.2% of people in Tower Hamlets were born in the UK followed by 21.9% who were born in the Middle East and Asia, and 15.4% in other European countries. 4.2% of the population was born in Africa and 3.5% in the Americas or Caribbean.



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Source: ONS. Census Data, 2021

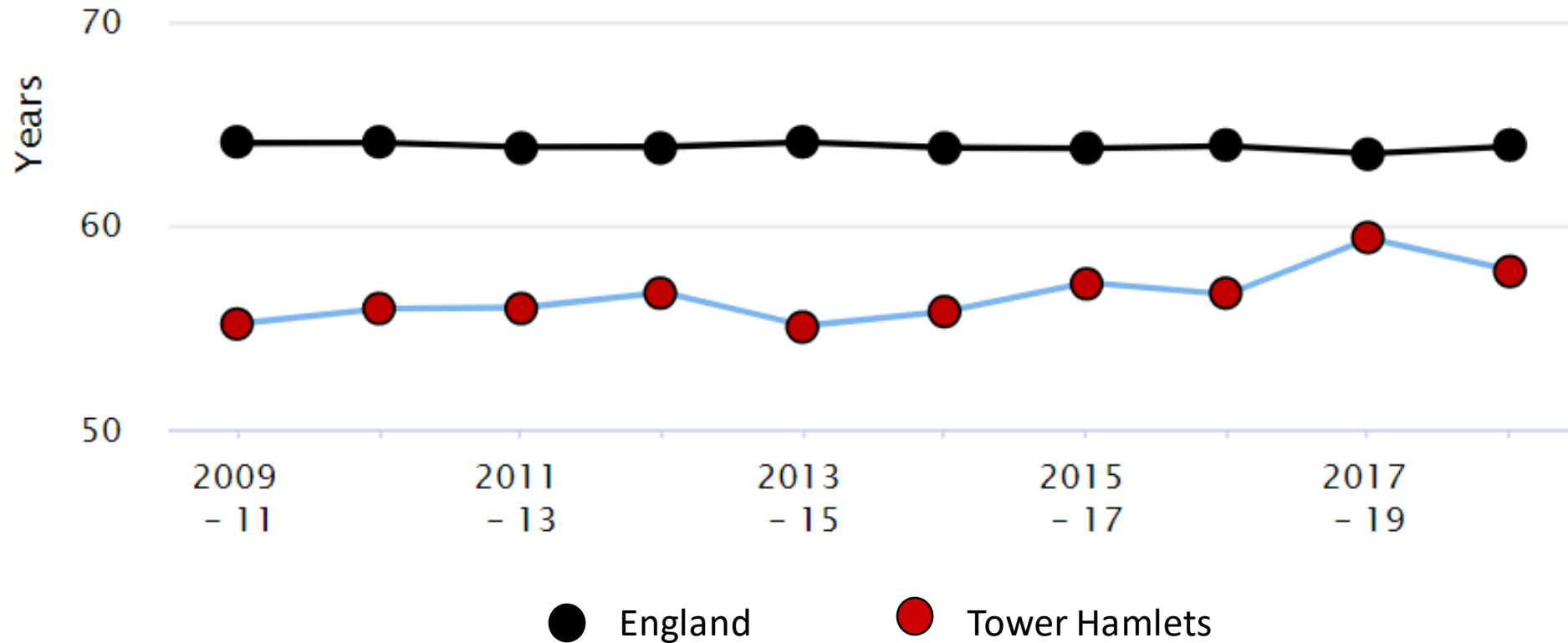
Healthy life expectancy at birth (Male, all ages)



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Source: ONS. Public Health Profiles, OHID, 2022

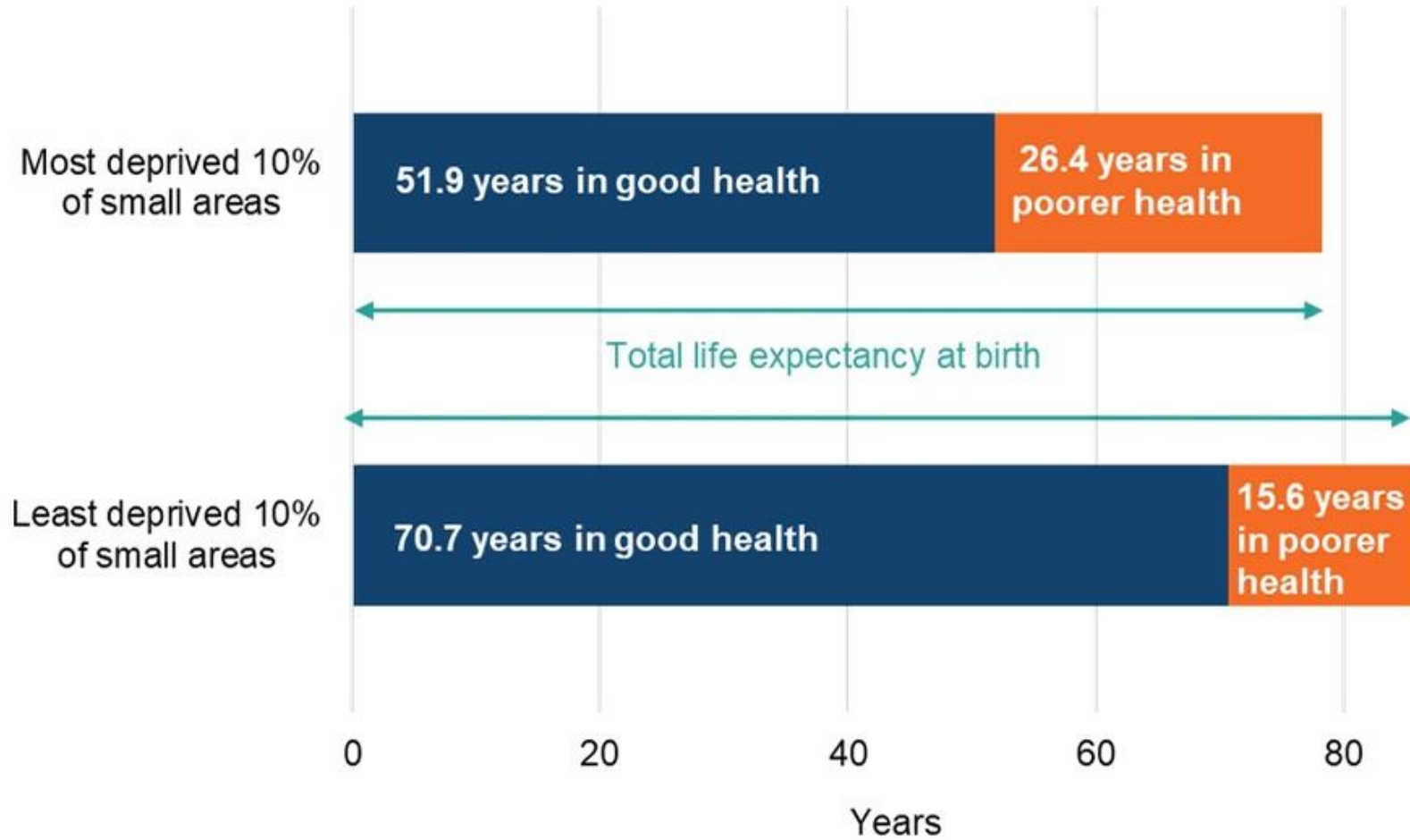
Healthy life expectancy at birth (Female, all ages)



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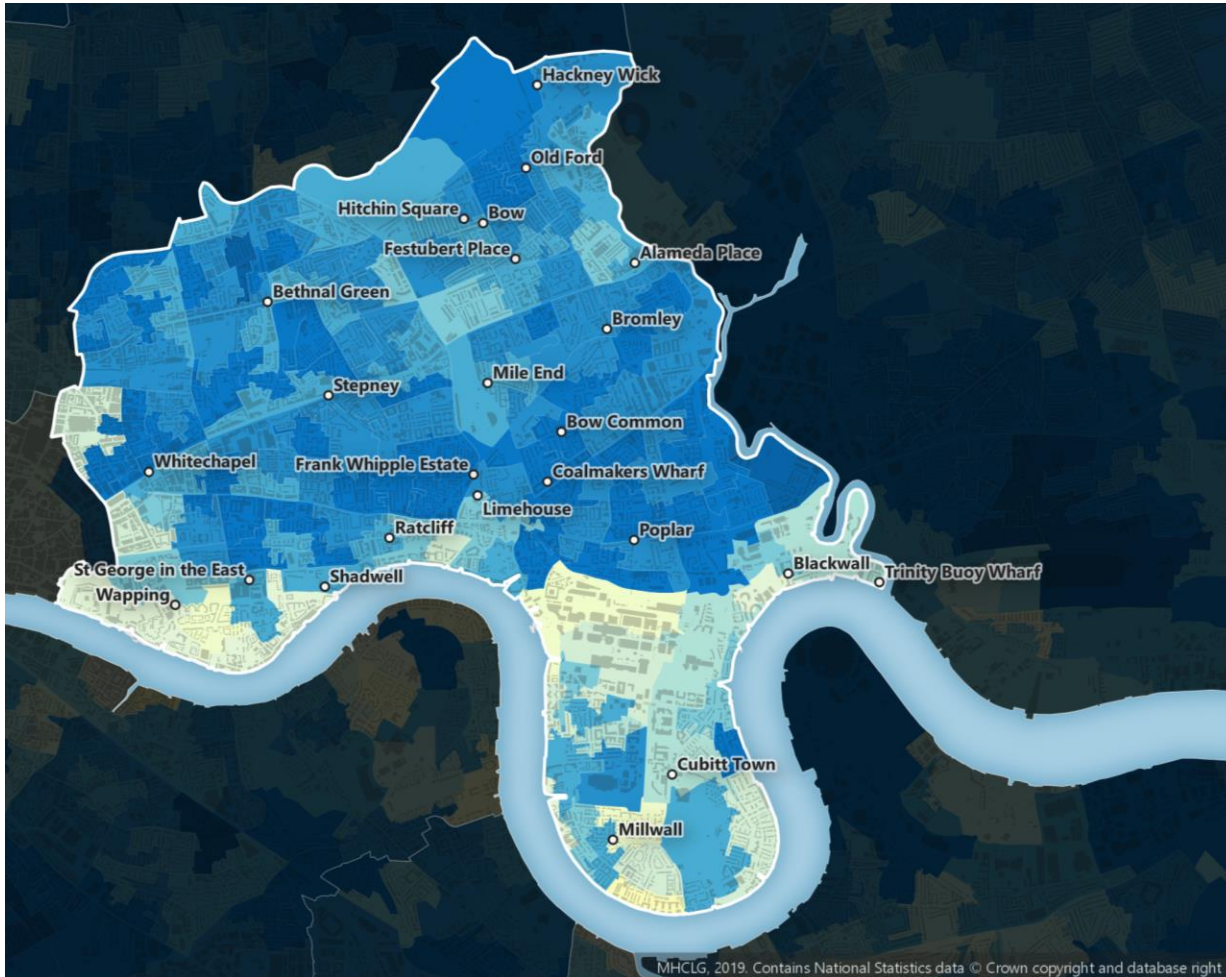
Source: ONS. Public Health Profiles, OHID, 2022

There are disparities between how long people live in good health in England.



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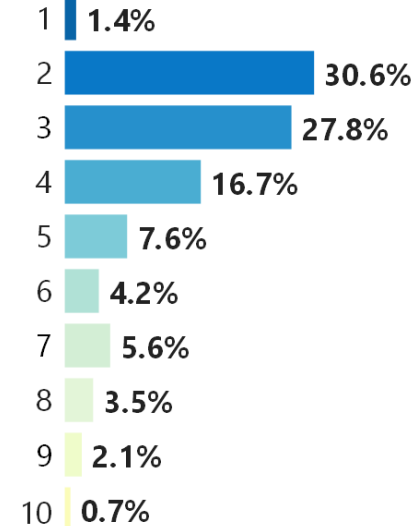
Source: OHID, 2022



Local authority profile

% of LSOAs in each national deprivation decile

MORE DEPRIVED









LESS DEPRIVED








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Child poverty (%): the proportion of children living in low income households

England	-	1,777,642	17.1	
London region	-	-	-	
Islington	-	9,967	27.5	
→ Tower Hamlets	-	15,706	26.6	
Hackney	-	13,875	24.9	
Southwark	-	13,800	24.1	
Barking and Dagenham	-	13,057	23.8	

Older people in poverty (%): the proportion of adults aged 60+ living in low income households

England	-	1,790,712	14.2	
London region	-	-	-	
→ Tower Hamlets	-	11,118	44.0	
Hackney	-	11,109	40.7	
Newham	-	12,498	37.3	
Islington	-	9,146	33.6	



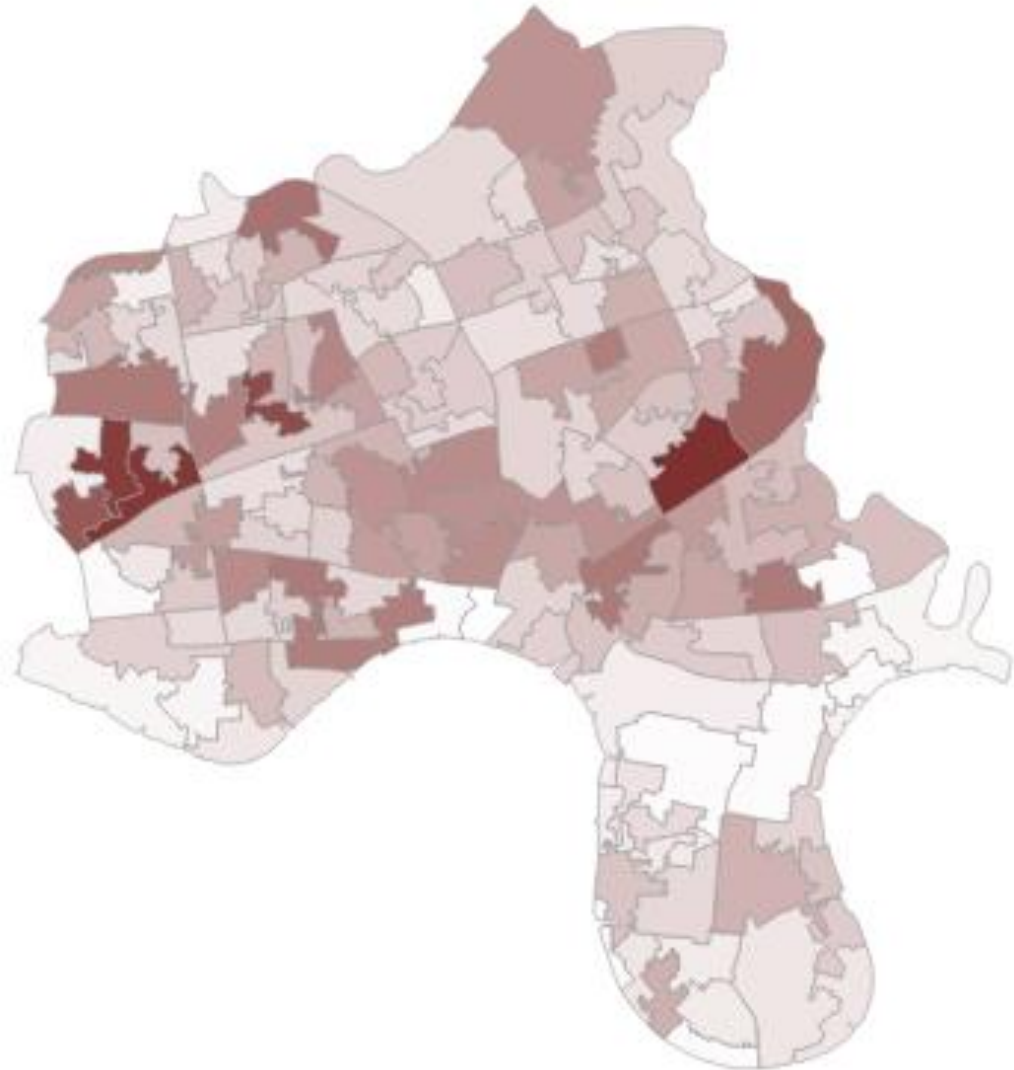
Mental health in Tower Hamlets



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- Tower Hamlets has **the highest proportion of adults (16.1%) with depression and anxiety** in London (2017/18).
- A higher proportion of adults in Tower Hamlets have **SMI (1.34%)** compared with London or England averages.
- The rate of **premature mortality** in adults with **SMI** is **147 per 100,000** in Tower Hamlets compared with **104 per 100,000** in England. This is the **highest rate** in all London Boroughs.

There is significant variation in diagnosed mental health conditions across the borough – here is the borough map showing the percentage of the population with serious mental illness (SMI) according to GP records (2017/18)



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Sources: Tower Hamlets JSNA Spotlight on: Mental Health, Tower Hamlets Public Health Team. 2019.

Social determinants of health

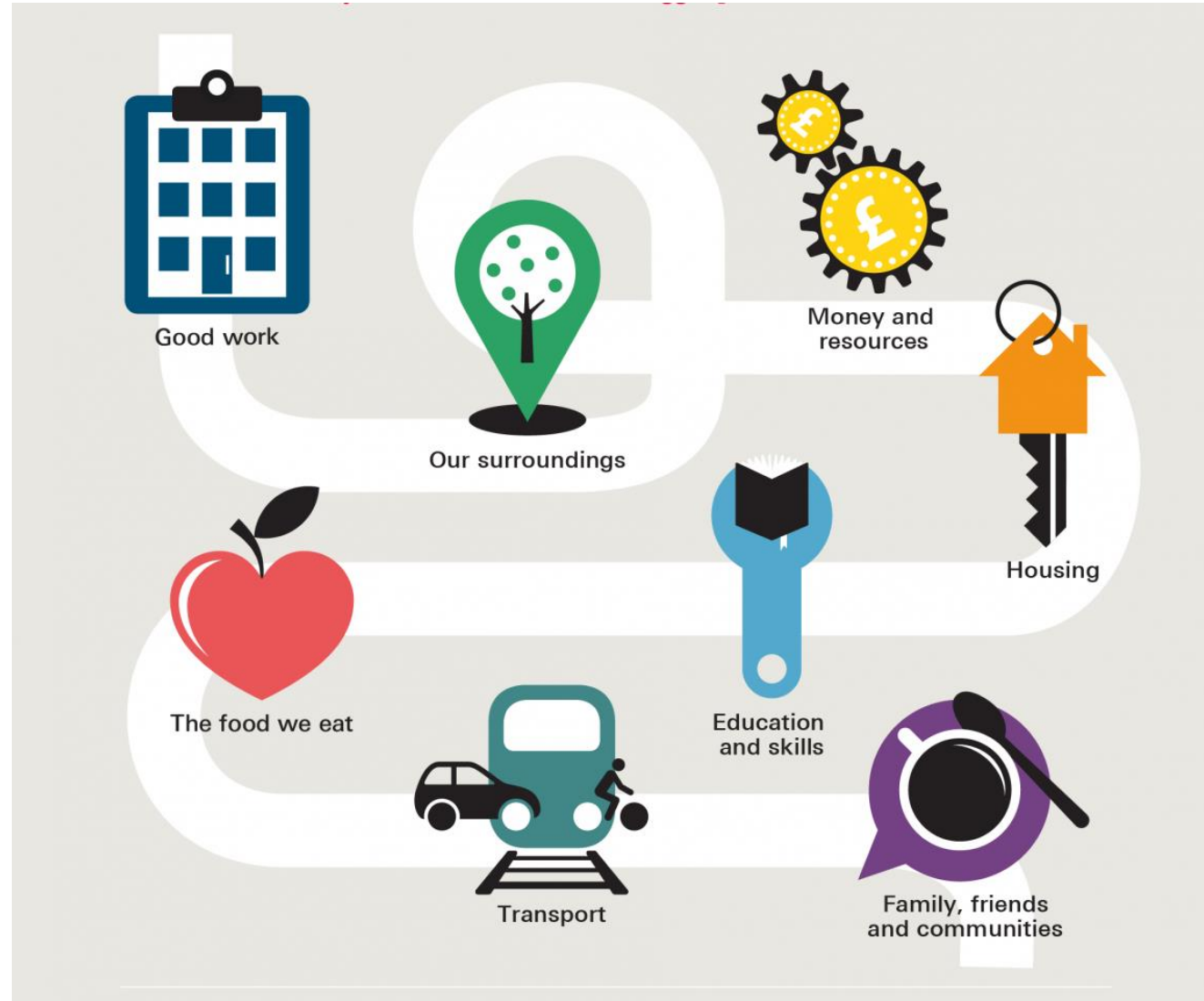


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People do not have the same opportunities to live a healthy life.

Good health, including mental health, is primarily shaped by factors outside of the influence of health care.



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Source: The Health Foundation, 2019

- Tower Hamlets has **half the national average of green space** per 1,000 people (2016).
- Concentration of **air pollution** (fine particulate matter) is among the highest in London.
- Tower Hamlets has a **crime deprivation score of 0.76** (an aggregate of crime indices) compared with an England average of **0.01**.

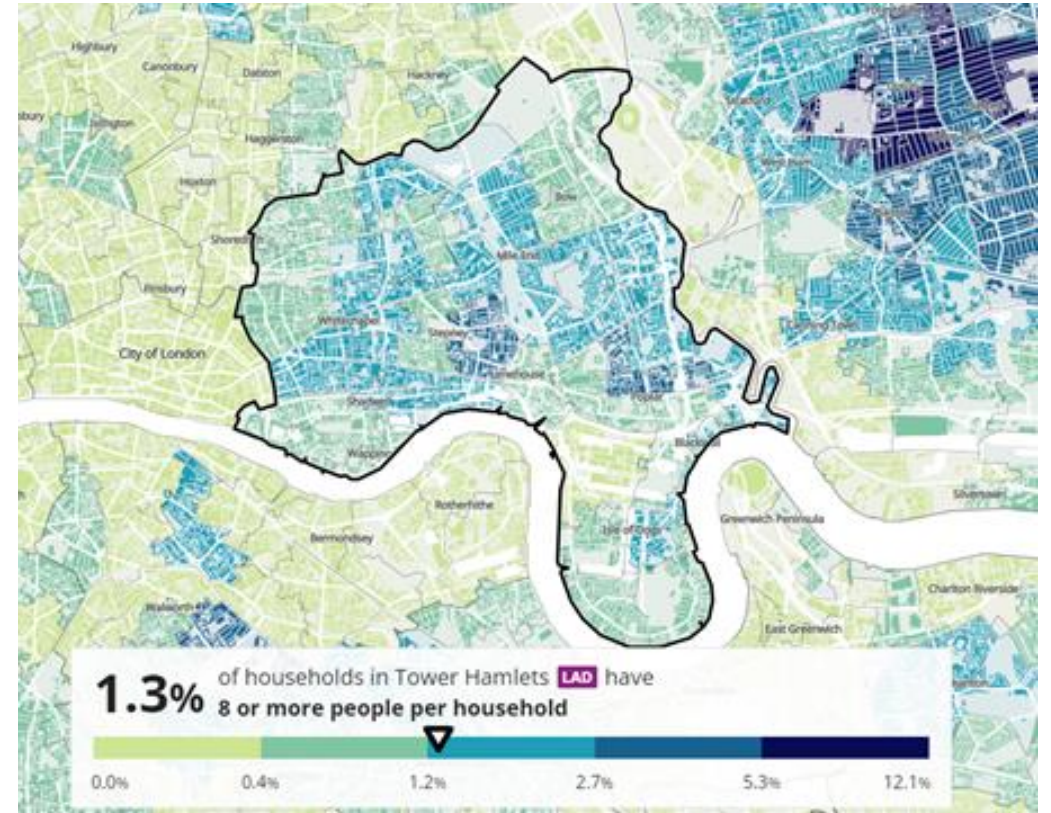
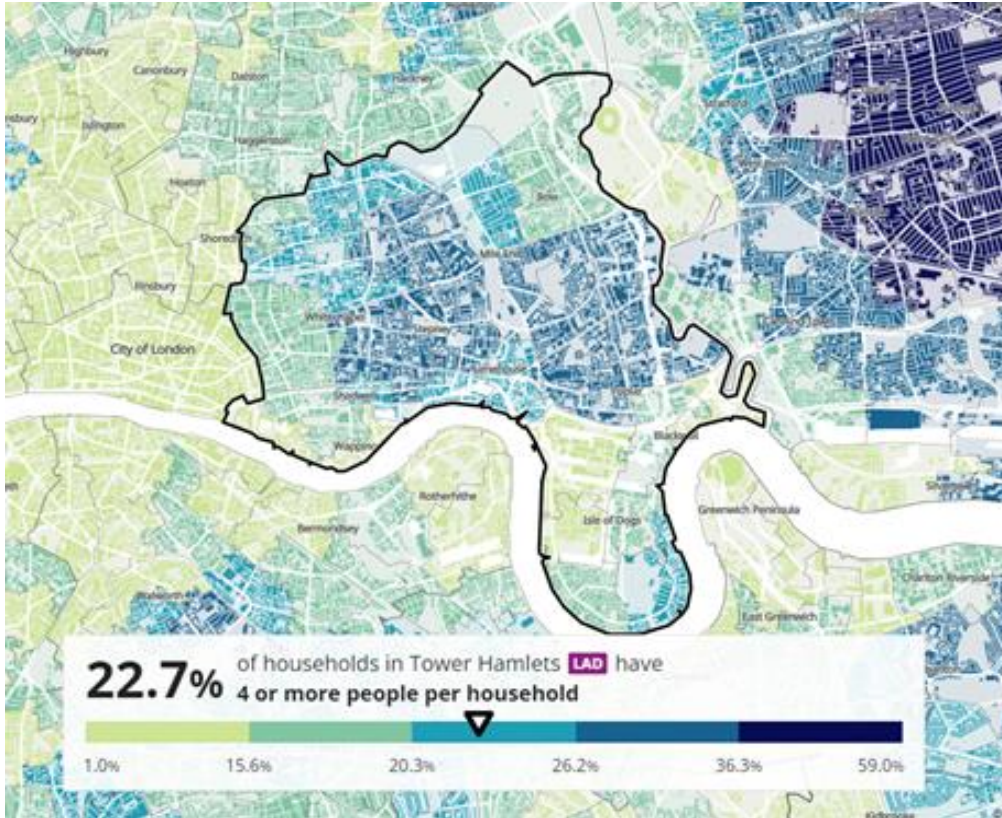


- In Tower Hamlets, **17%** of the population live in overcrowded households, which is higher than London (**12%**) and England (**5%**) and the third highest in London. (2011)
- **11%** of the population are in fuel poverty (2020), compared with **12%** in London and **13%** in England. This is likely to see a huge increase with the cost of living and energy crisis.



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Source: OHID Fingertips, 2022.



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Source: Census 2021

- In Tower Hamlets, **43%** of adult social care users (18+) have **as much social contact as they would like** (2019/20), compared with **46%** in England.
- **21%** of adults in Tower Hamlets **feel lonely** often/always or some of the time, compared with **23%** in England (2019/20).

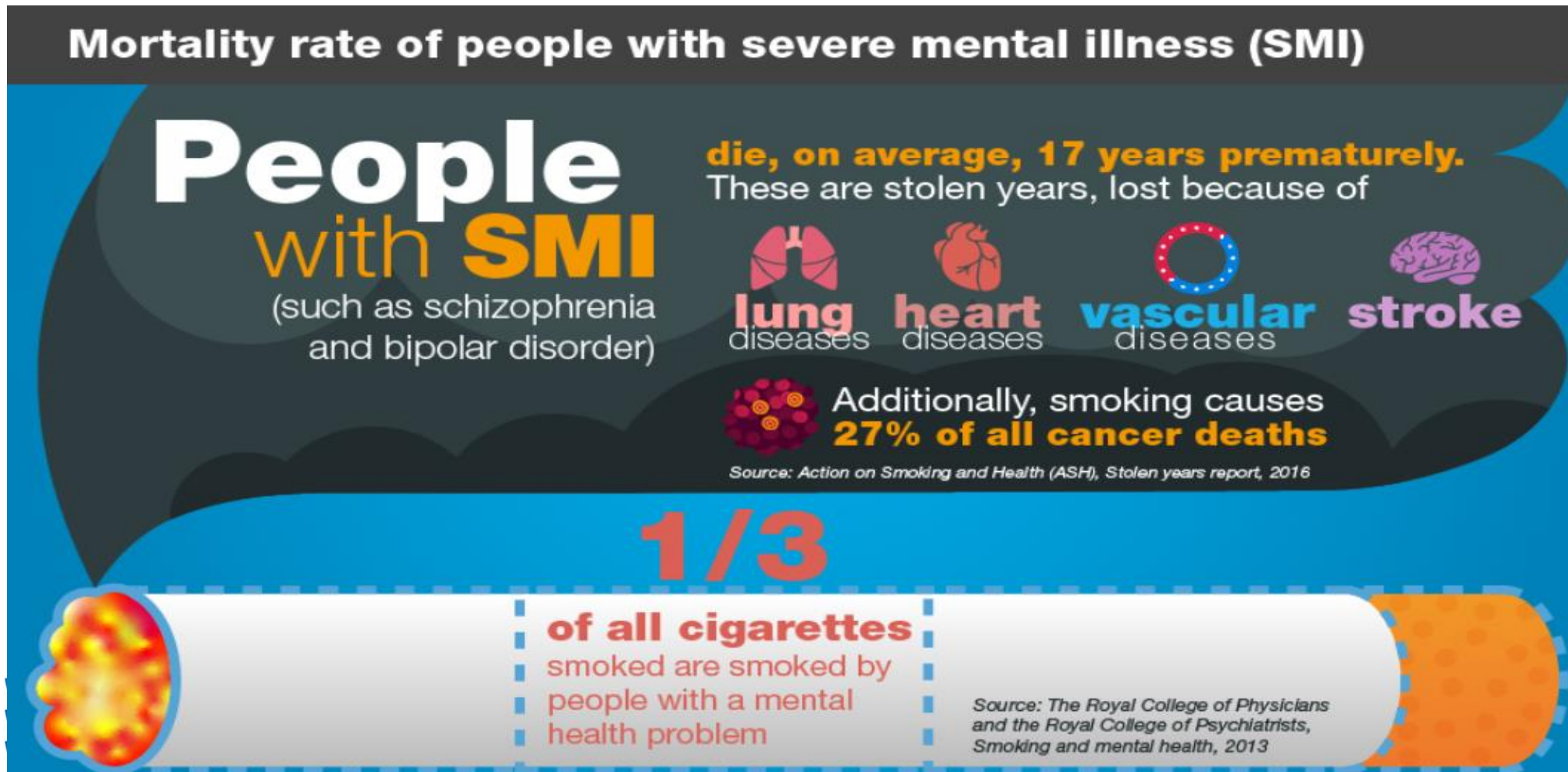


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Source: OHID Fingertips, 2022.

- **A third** of adults in contact with secondary mental health services **live in stable and appropriate accommodation** in Tower Hamlets (2020/21).
- The percentage of the population who are in contact with secondary mental health services and on the Care Plan Approach that are in **paid employment** (aged 18 to 69) is **3%** in Tower Hamlets (2020/21).
- The **percentage gap in employment rate** between those in contact with secondary mental health services (aged 18-69) and on the Care Plan Approach and the overall employment rate is **72%** (2020/21).

The **smoking prevalence** in adults (18+) with serious mental illness (SMI) is **43%** in Tower Hamlets

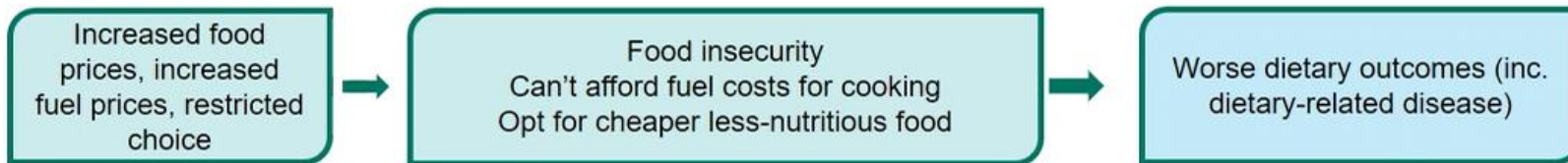


The cost of living crisis and winter will impact on health

1 Cold homes worsening health



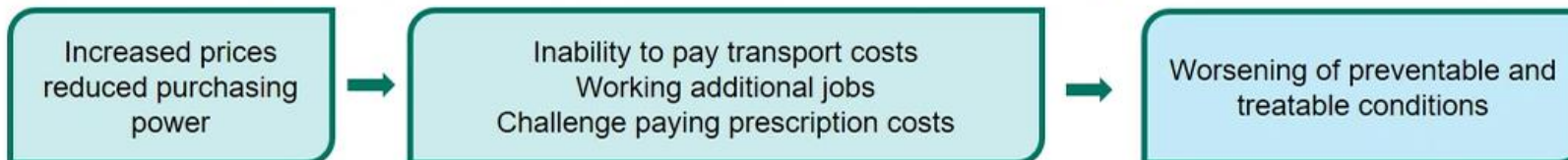
2 Worsening diets as a result of food insecurity



3 Worsening mental health from rising costs

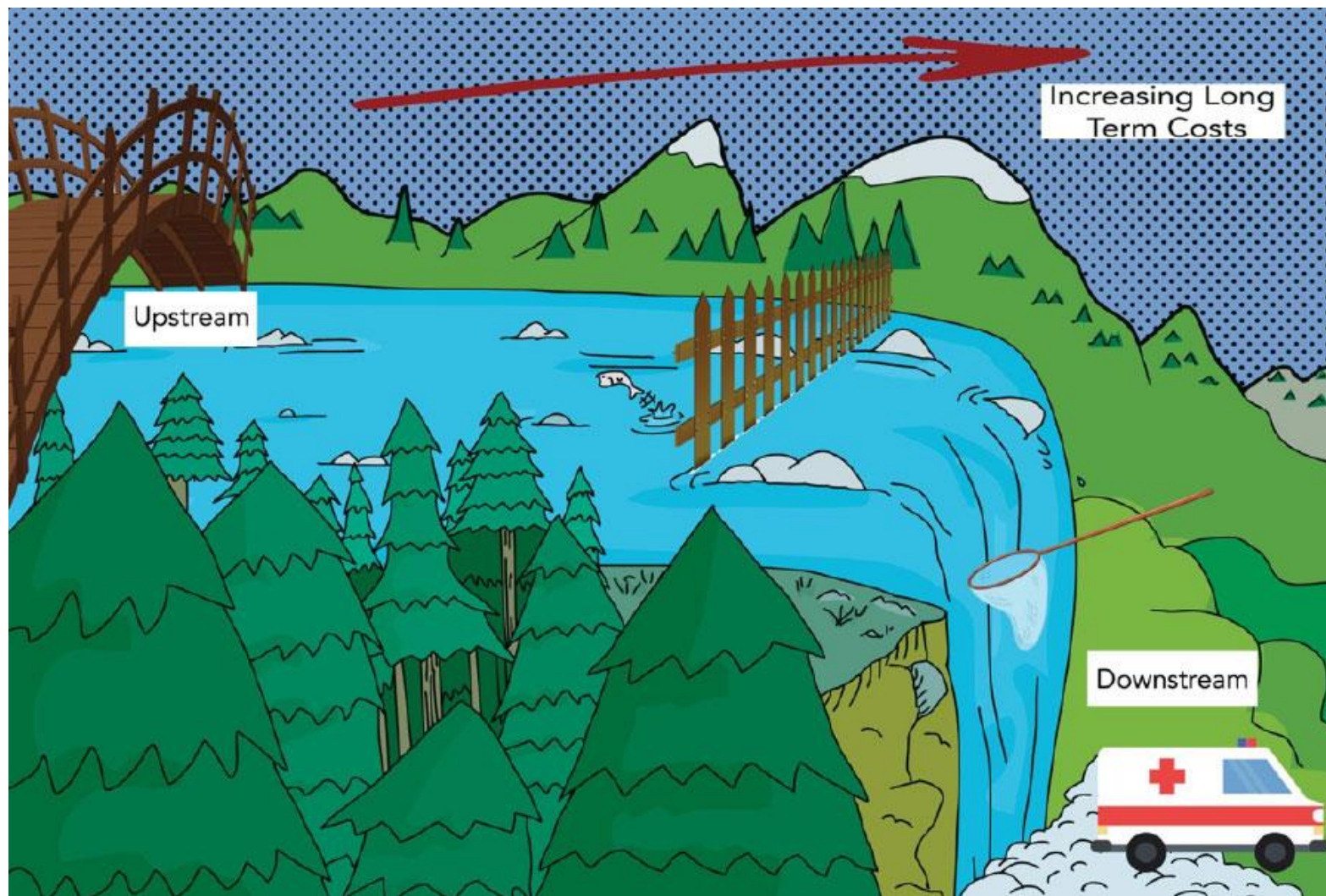


4 Worsening of preventable and treatable ill health due to people not accessing services



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Prioritising upstream action on the social determinants of health



(Source: [Tribal Epidemiology Centers](#), 2018)