

# Newham

## The Local Picture:

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



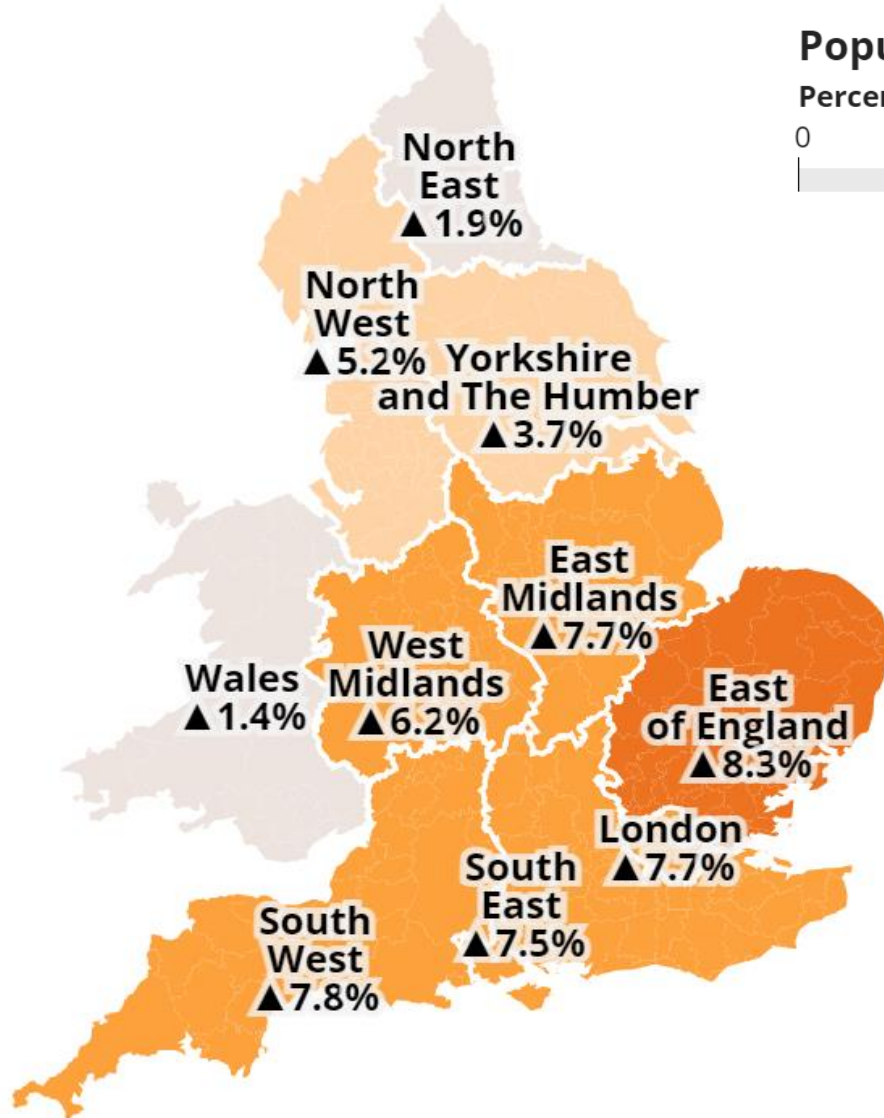
1. Population estimates for Newham – the 2021 Census
2. Demographics and deprivation
3. Mental health in Newham
4. Social determinants of health



## Findings from the 2021 Census

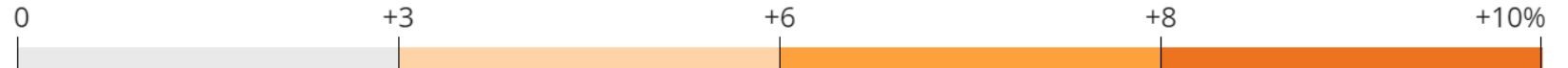


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Population change (%) in English regions and Wales between 2011 and 2021

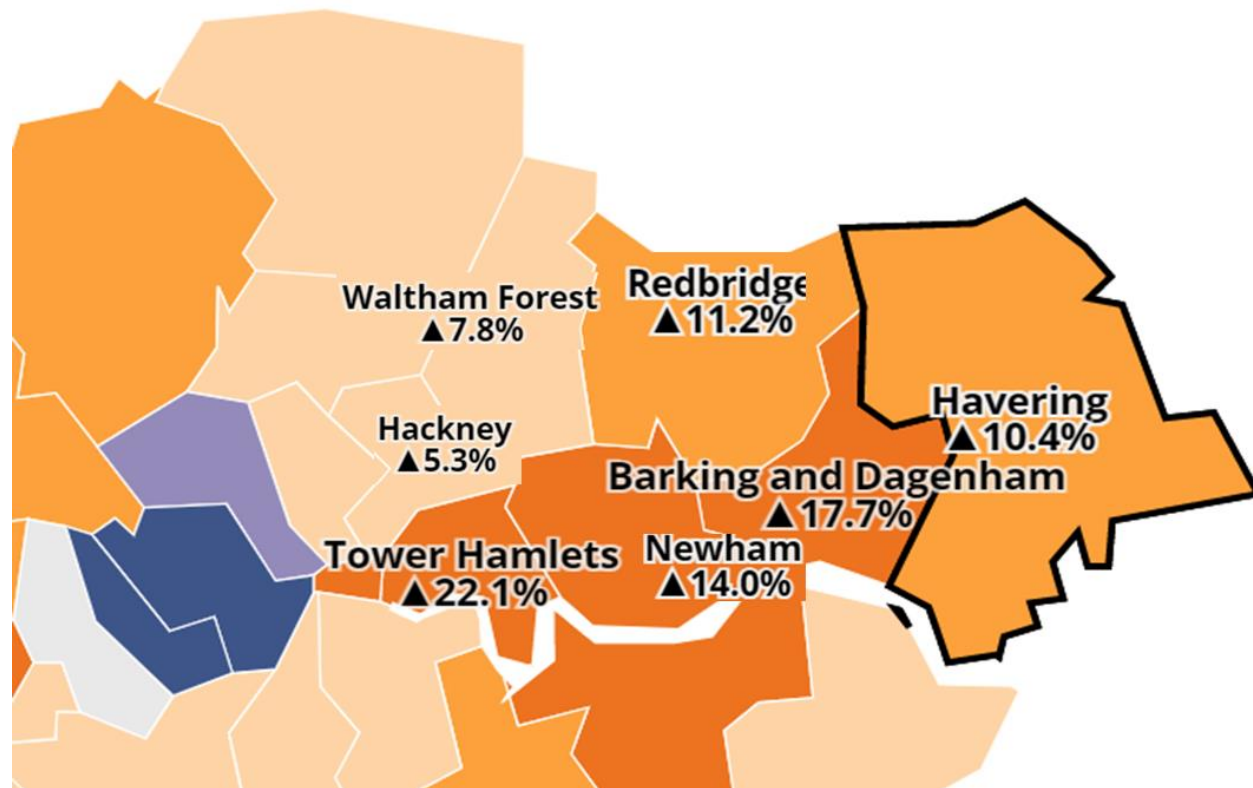
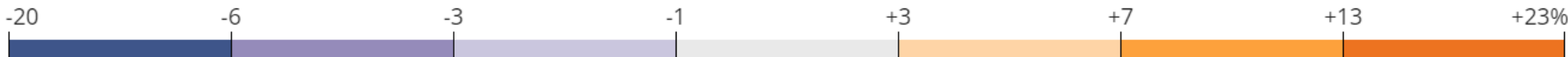
Percentage growth



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

Percentage change



In London as a whole, the population grew by 7.7%. The largest population increases in London have been seen in neighbouring Tower Hamlets and Barking and Dagenham where the populations have grown by 22.1% and 17.7%, respectively. In **Newham**, the **14%**, population size has increased by higher than the overall % increase in London.



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

# Population changes in East London



East London  
NHS Foundation Trust

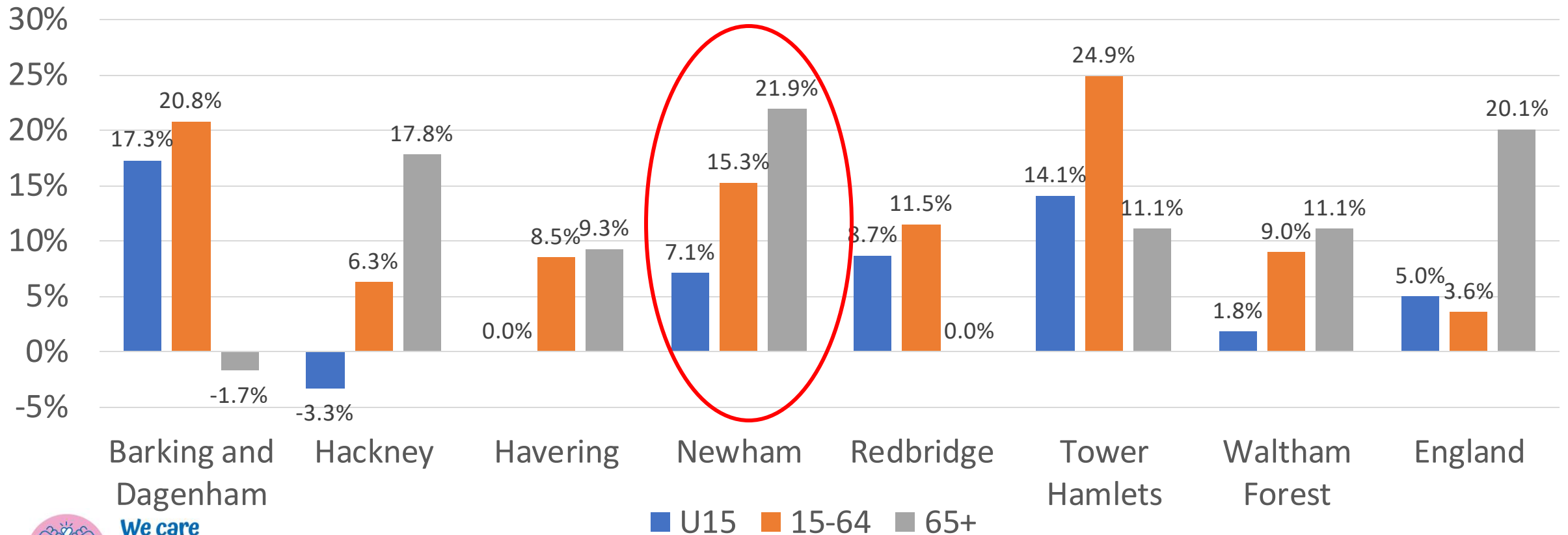
Local authority area	Usual resident population, 2011	Usual resident population, 2021	Number change	Percentage change
City of London	7,375	8,600	1,225	+16.6
Barking and Dagenham	185,911	218,900	32,989	+17.7
Hackney	246,270	259,200	12,930	+5.3
Havering	237,232	262,000	24,768	+10.4
<b>Newham</b>	<b>307,984</b>	<b>351,100</b>	<b>43,116</b>	<b>+14.0</b>
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
<b>LONDON</b>				<b>+7.7</b>
<b>ENGLAND</b>				<b>+6.6</b>



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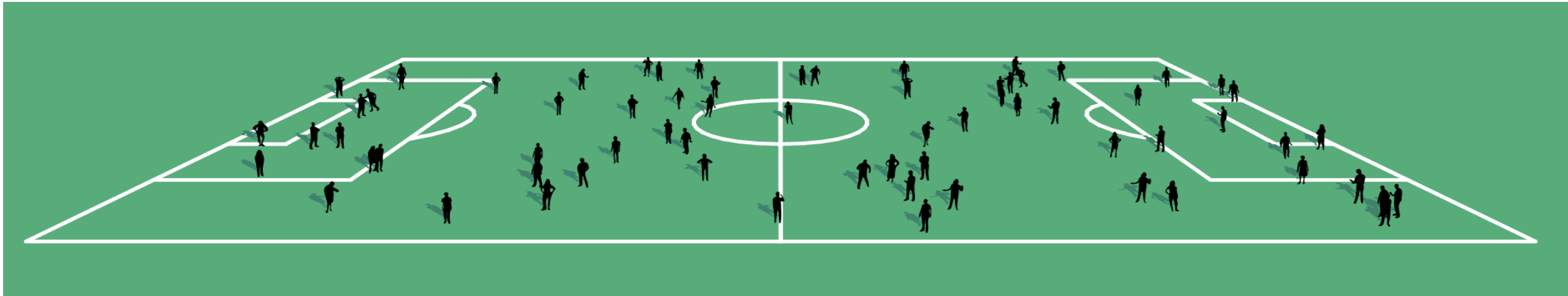
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## % Population increase by age group - East London



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**As of 2021, Newham is the eighth most densely populated of London's 33 local authority areas, with around 69 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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Source: <https://www.ons.gov.uk/visualisations/censuspopulationchange/E09000025/>

elft.nhs.uk



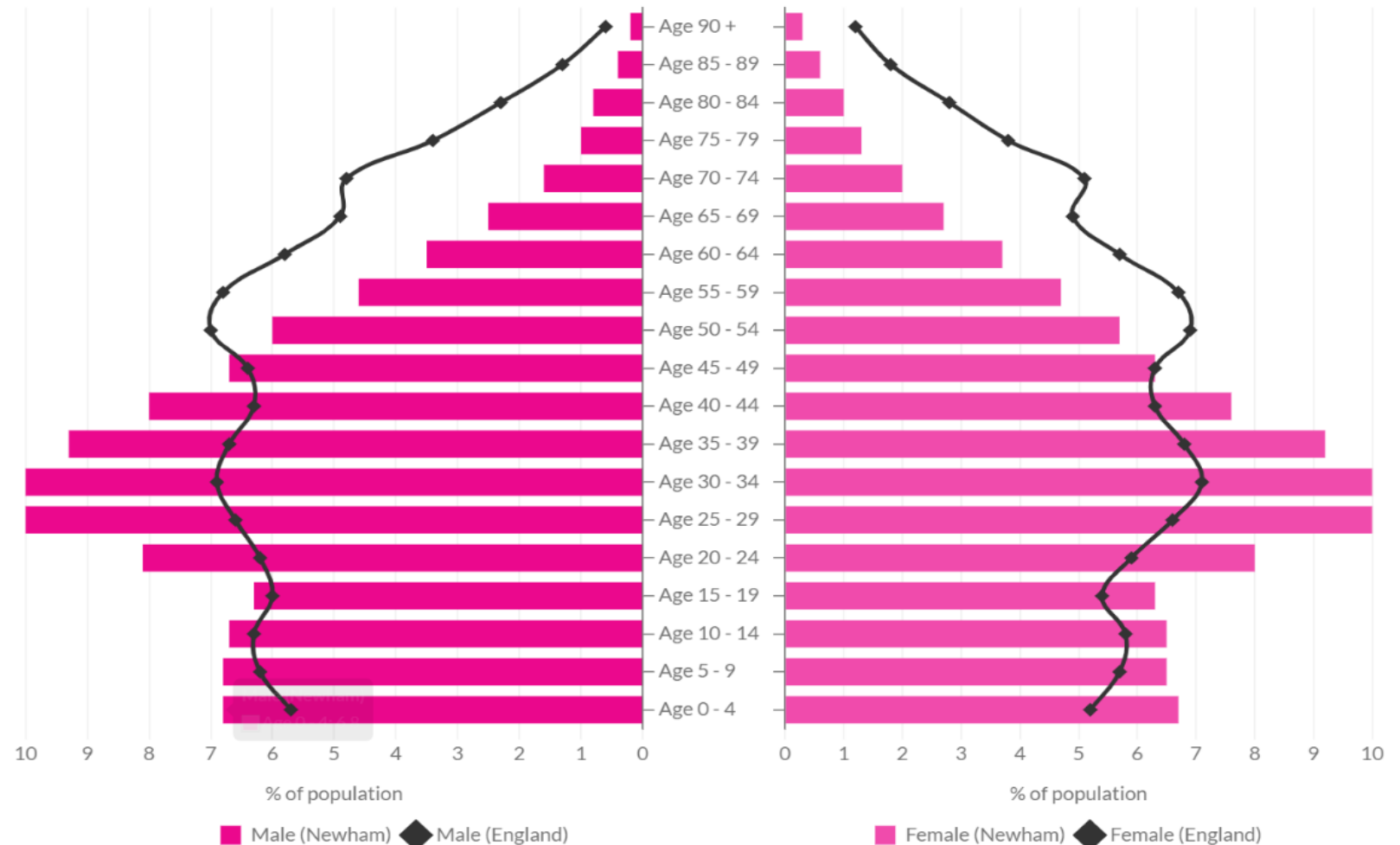
## Demographics and deprivation



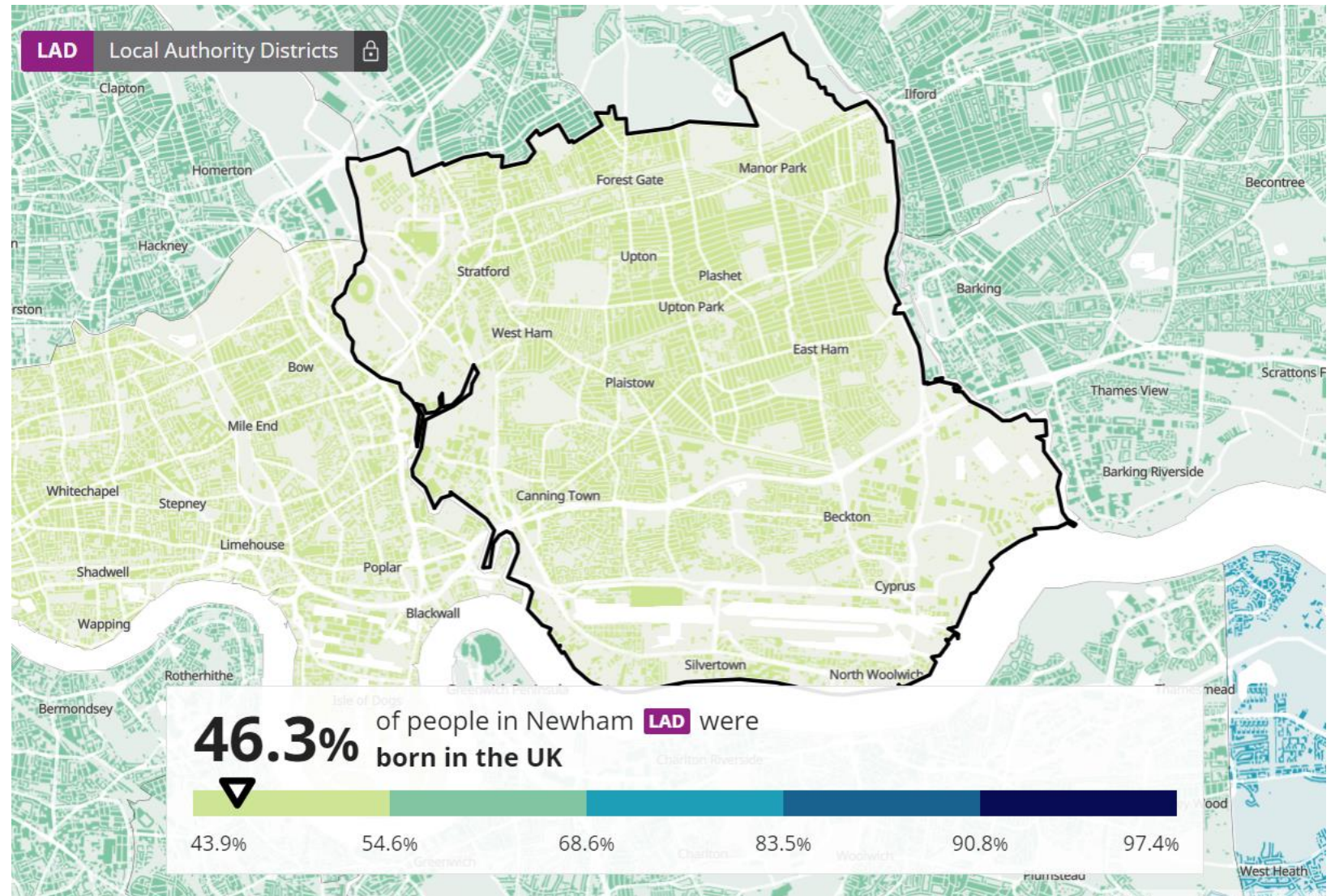
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Newham has a large working age population, particularly in the 20–39-year age group

Percentage of population by 5-year age groups (2021)



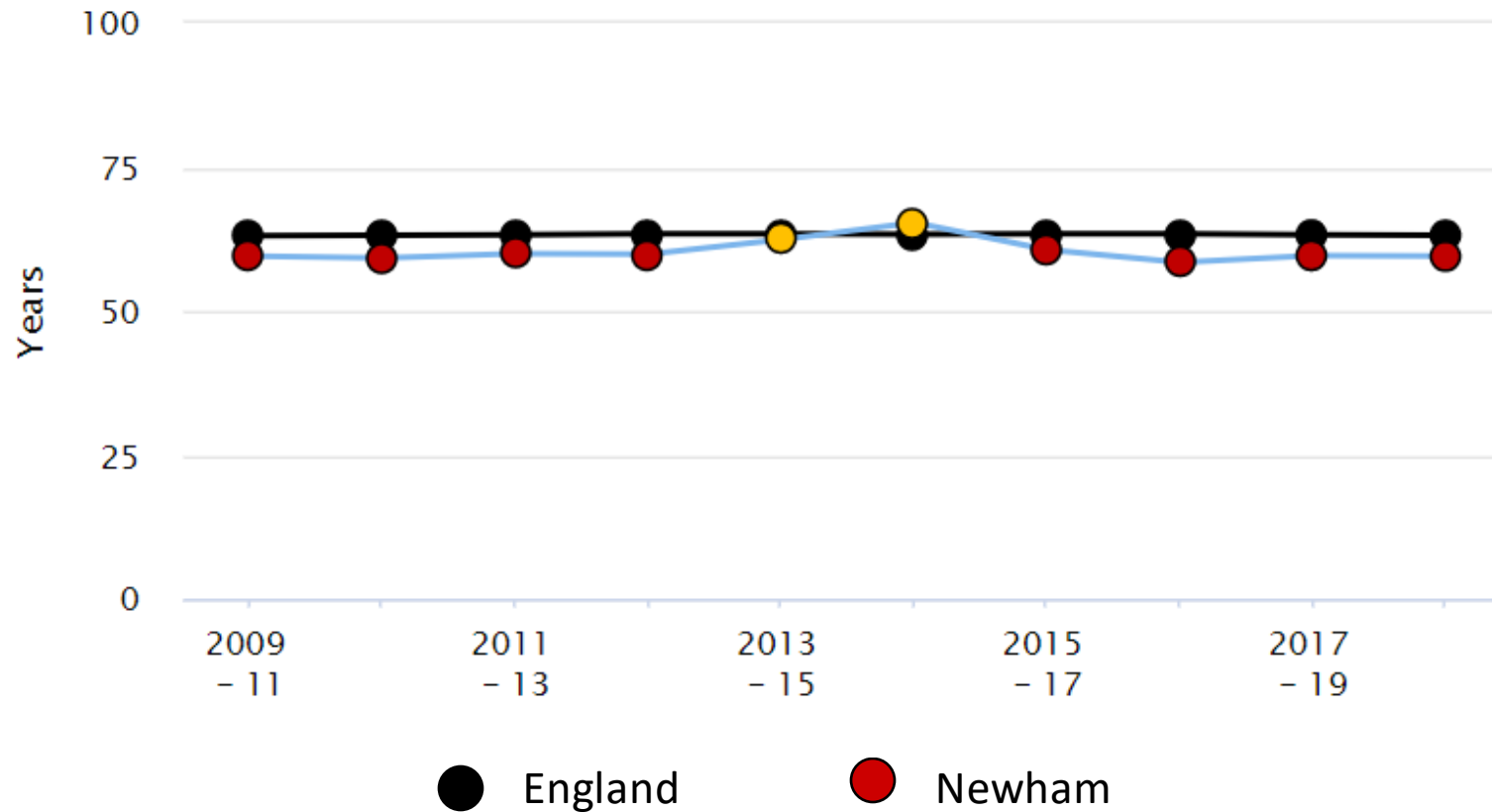
**46.3% of people in Newham were born in the UK followed by 23.2% who were born in the Middle East and Asia, and 18.2% in other European countries. 8.3% of the population was born in Africa and 3.4% in the Americas or Caribbean.**



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Source: ONS. Census Data, 2021 <https://www.ons.gov.uk/census/maps/choropleth/population/country-of-birth/country-of-birth-8a/europe-united-kingdom?lad=E09000025>

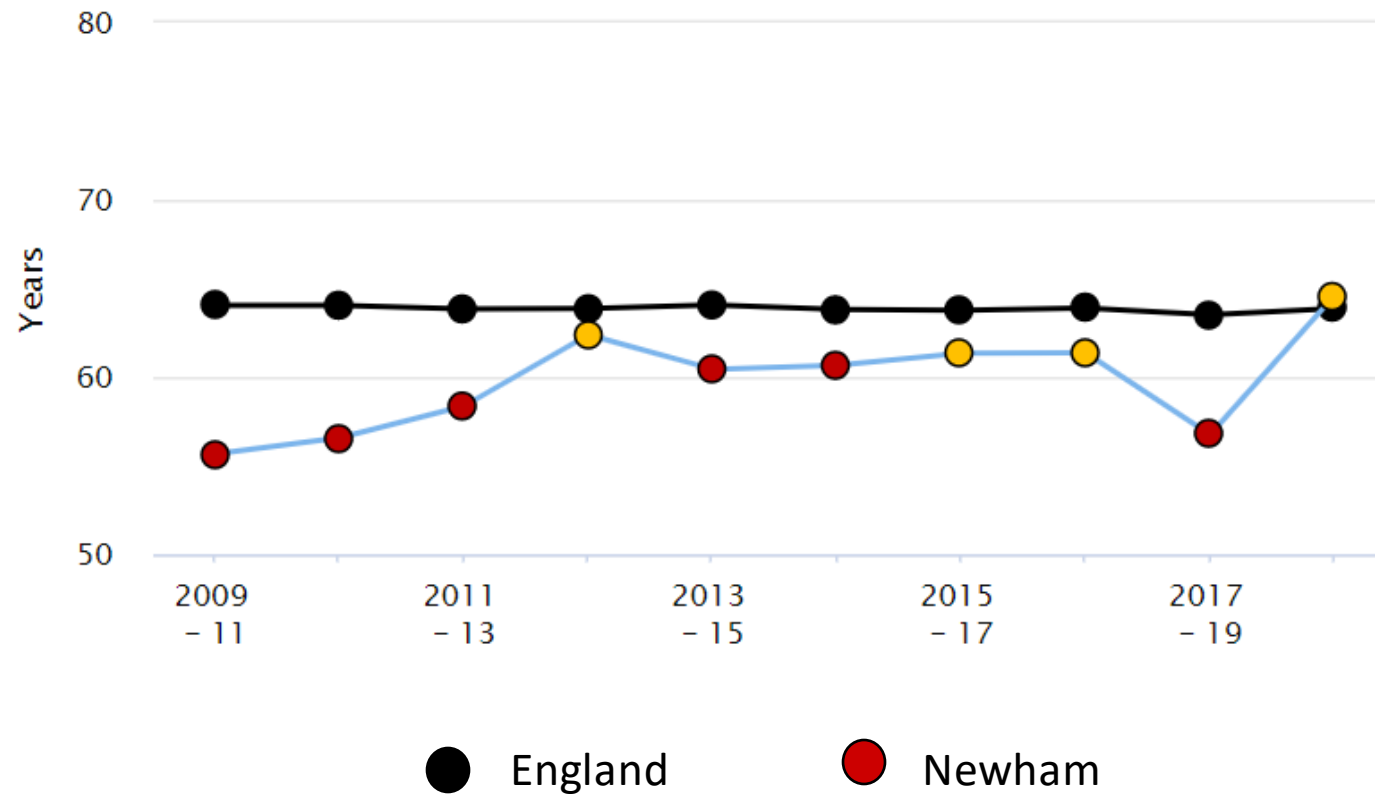
## Healthy life expectancy at birth (Male, all ages)



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Source: ONS. Public Health Profiles, OHID, 2022

## Healthy life expectancy at birth (Female, all ages)

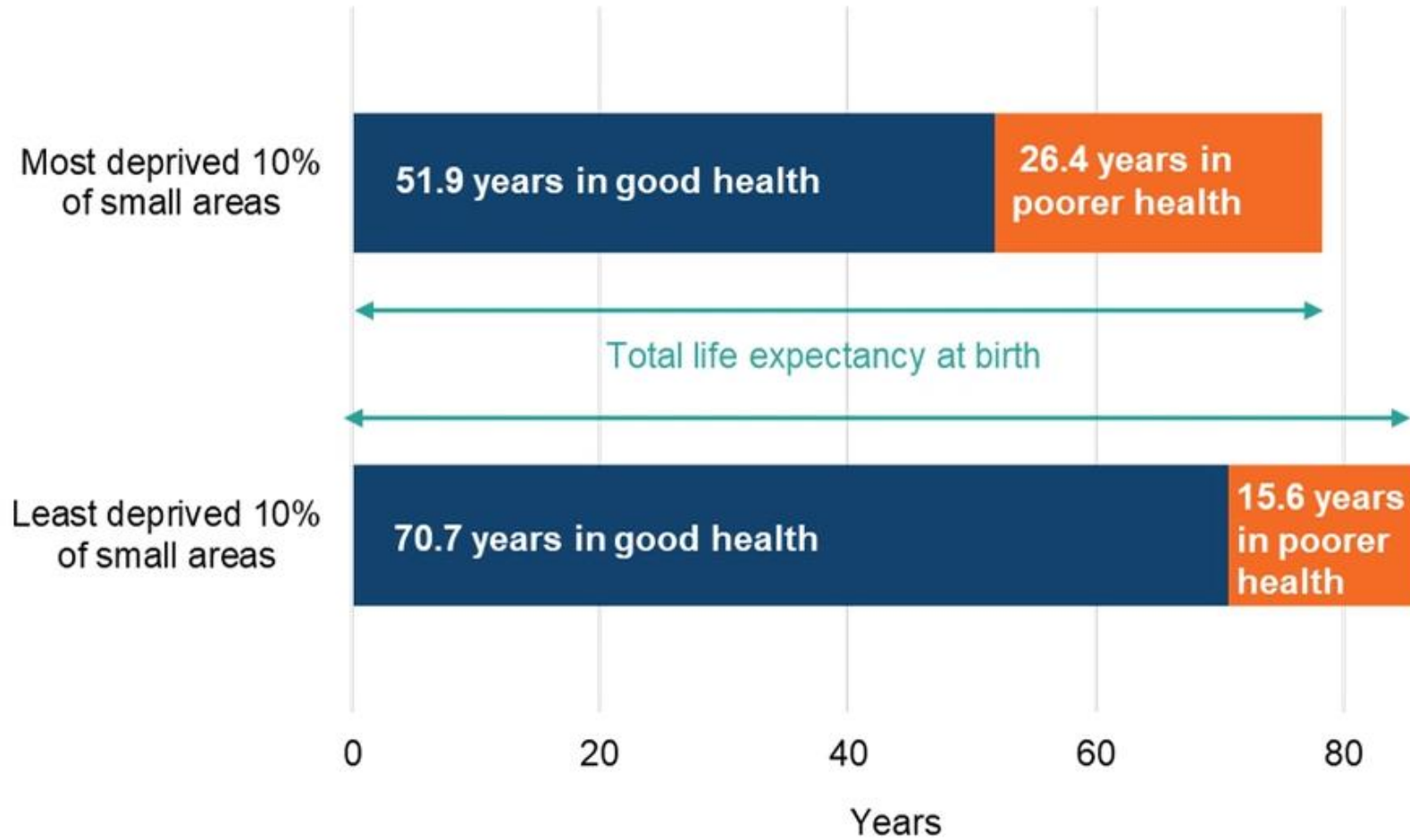


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Source: ONS. Public Health Profiles, OHID, 2022

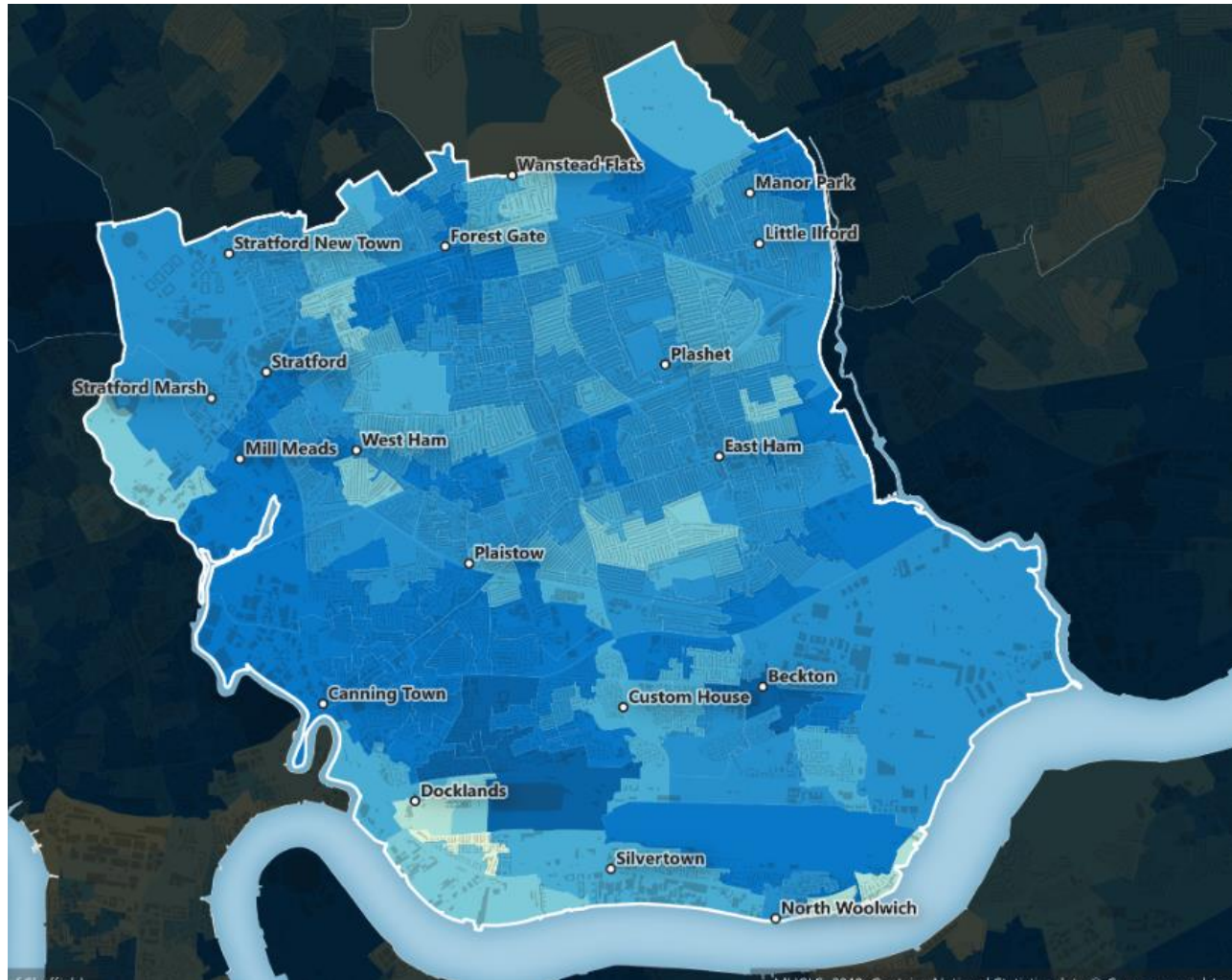


There are disparities between how long people live in good health in England.



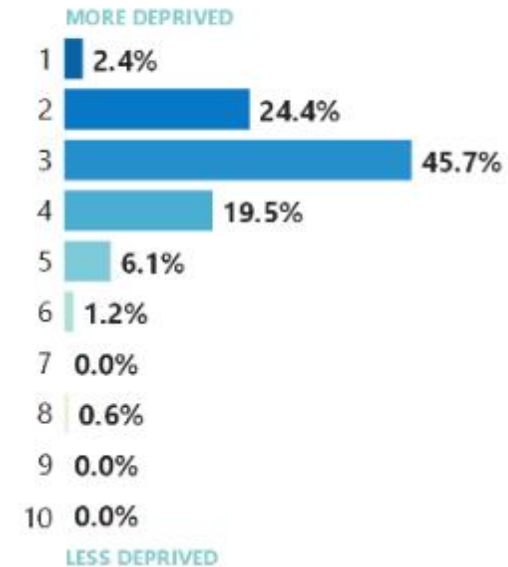
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Source: OHID, 2022



## Local authority profile

% of LSOAs in each national deprivation decile



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## Child poverty (%): the proportion of children living relative low income families

Area	Recent Trend	Count	Value
England	↑	2,003,734	18.5
London region	→	306,727	16.6
Tower Hamlets	→	16,931	25.3
Barking and Dagenham	↑	14,820	25.3
Newham	→	19,661	25.1
Waltham Forest	→	13,295	21.8
Hackney	↑	12,322	21.3



## 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



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Source: <https://fingertips.phe.org.uk/profile/health-profiles/data#page/3/gid/3007000/pat/6/par/E12000007/ati/102/are/E09000025/iid/93700/age/169/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>





## Mental health in Newham



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- Newham has an estimated prevalence of common mental disorders of 23.9% in those aged 16 and over (Adult Psychiatric Morbidity Survey – APMS 2017)
- A lower proportion of adults in Newham have **SMI (1.08%)** compared with London average (1.11) but higher than the England average (0.95) (QOF prevalence 2021/2022)
- The rate of **premature mortality** in adults with **SMI** is **140 per 100,000** in Newham compared with **104 per 100,000** in England.



## Social determinants of health

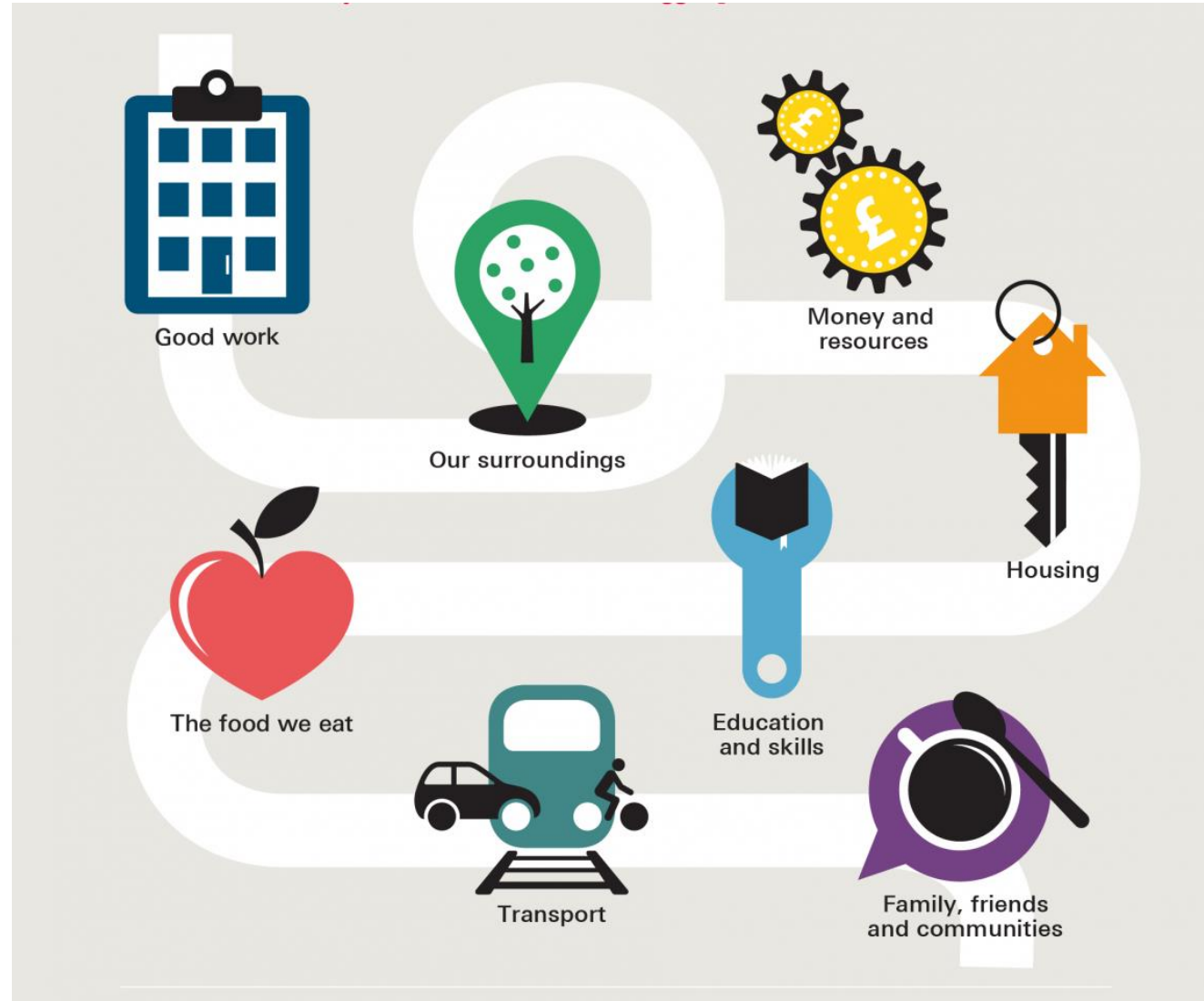


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People do not have the same opportunities to live a healthy life.

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

- Green space covers 13.1% of Newham, compared with 39% for London as a whole, 17% for Hackney, 4% in Waltham Forest and 5% in Haringey
- On average, Newham residents are also exposed to a level of airborne particulate matter (PM2.5) that is 35% greater than the World Health Organisation guidelines.
- Poor air quality in the borough kills 96 residents every year.



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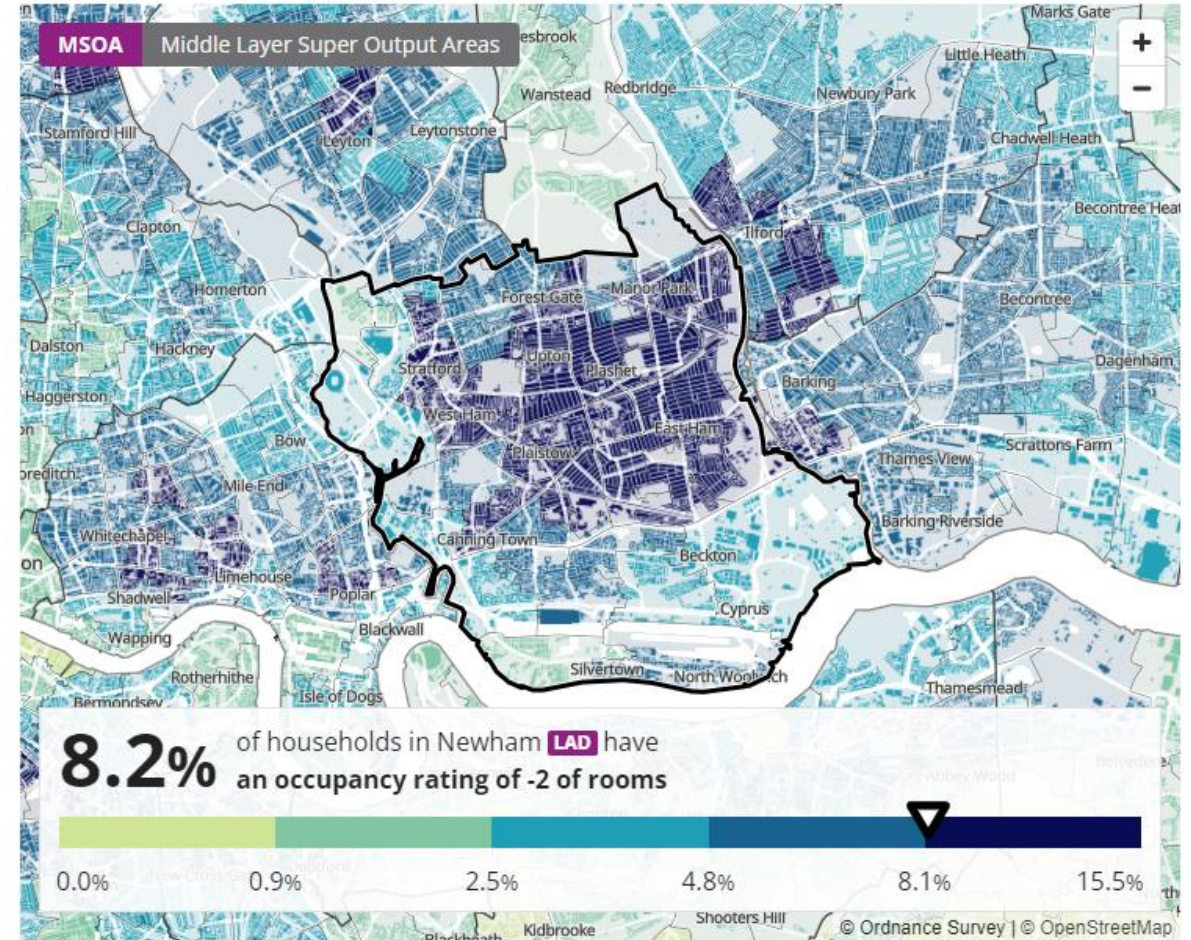
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Source: <https://www.newham.gov.uk/downloads/file/3831/local-plan-issues-and-options-october-2021>

<https://www.newham.gov.uk/public-health-safety/air-quality-newham#:~:text=One%20in%20seven%20of%20Newham's,the%20World%20Health%20Organisation%20guidelines.>



- Newham has the highest of proportion of overcrowded households in London
- **17.8%** of the population are in fuel poverty (2020), compared with **11.5%** 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

<https://fingertips.phe.org.uk/search/overcrowding#page/3/gid/1/pat/6/par/E1200007/ati/402/are/E09000030/iid/93277/age/1/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<https://fingertips.phe.org.uk/search/fuel%20poverty#page/1/gid/1/pat/6/ati/402/are/E09000025/iid/93280/age/-1/sex/-1/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

**47.8 per 1000 households are in temporary accommodation in Newham compared with 4 per 1000 in England and 16.3 in London. This is the highest rate of households in temporary accommodation in London (2021/22).**

Area	Recent Trend	Count	Value
England	–	95,673	4.0
London region	–	58,598	16.3
<b>Newham</b>	–	5,572	47.8
Redbridge	–	2,660	24.3
Southwark	–	3,077	22.7
Ealing	–	2,394	19.4
Wandsworth	–	2,647	19.4
Barking and Dagenham	–	1,410	17.8
Barnet	–	2,094	13.6

Source: OHID Fingertips

<https://fingertips.phe.org.uk/search/housing#page/3/gid/1/pat/6/par/E12000007/ati/402/are/E09000025/iid/93735/age/-1/sex/-1/cat/-1/ctp/-1/yrr/1/cid/4/tbm/1>



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- In Newham, **38%** of adult social care users (18+) have **as much social contact as they would like** (2021/22), compared with **40.6%** in England.
- **27.4%** of adults in Newham **feel lonely** often/always or some of the time, compared with **22%** in England (2019/20).



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Source: OHID Fingertips, 2022.

<https://fingertips.phe.org.uk/search/social%20contact#page/1/gid/1/pat/6/ati/402/are/E09000025/iid/90280/age/168/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1>

<https://fingertips.phe.org.uk/search/loneliness#page/1/gid/1/pat/6/par/E12000007/ati/402/are/E09000025/iid/93758/age/164/sex/4/cat/-1/ctp/-1/yr/1/cid/4/tbm/1/page-options/car-do-0>



- **43%** of adults in contact with secondary mental health services **live in stable and appropriate accommodation** in Newham (2020/21) compared to 61% across London.
- 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 **5%** in Newham (2020/21).
- The **percentage gap in employment rate** between those in contact with secondary mental health services (aged 18-69) & 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 **35.5%** in Newham in 2014/15 (the most recent year for which data are available)

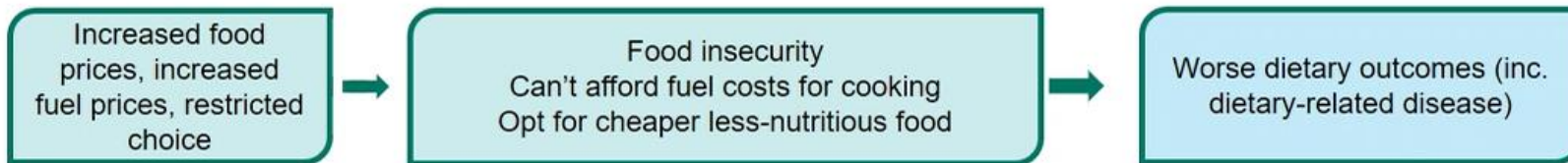


The cost of living crisis and winter will impact on health

## 1 Cold homes worsening health



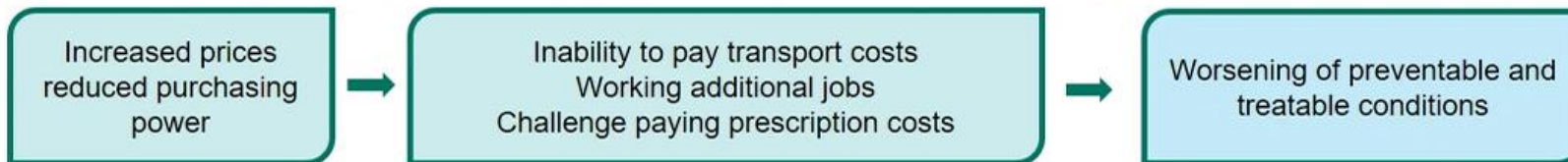
## 2 Worsening diets as a result of food insecurity



## 3 Worsening mental health from rising costs



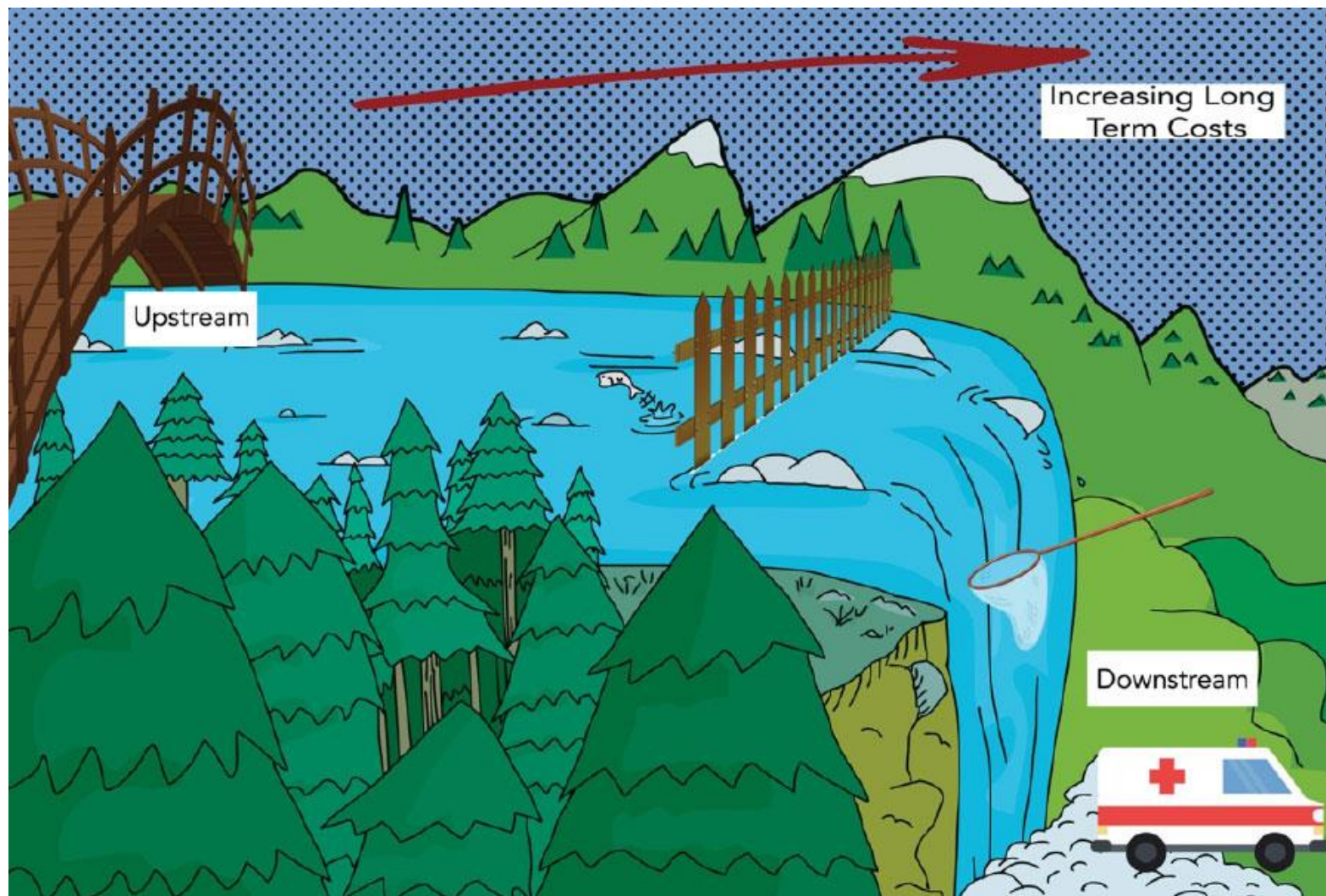
## 4 Worsening of preventable and treatable ill health due to people not accessing services



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# Prioritising upstream action on the social determinants of health



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