



# HEALTH & WELLBEING

**Belsize**

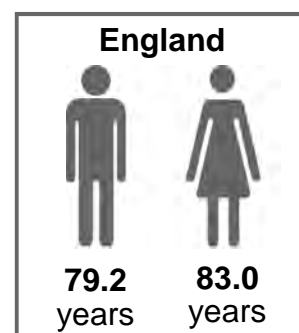
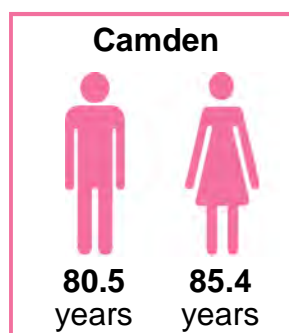
November 2013

## Life expectancy

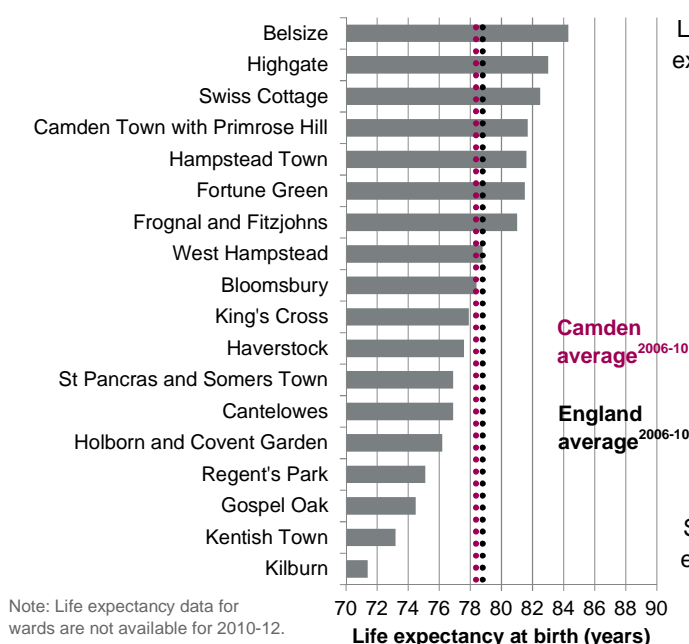
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

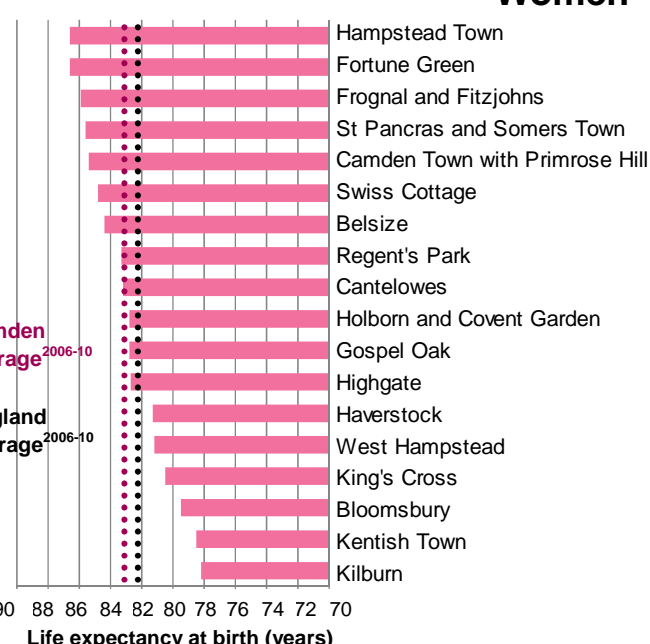


**Men**<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

**Women**



About **50** Belsize residents die each year<sup>2009-11</sup>.

**33%**

of these are aged **under 75 years**.

**Cancer and heart disease** are the main causes of death in Belsize<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 5 years** for men and **by 2 years** for women in Belsize.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

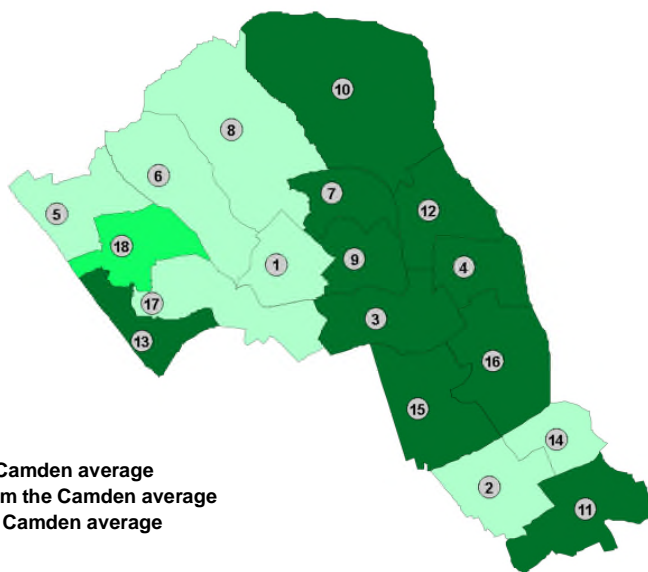
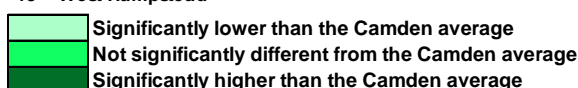
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
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- 7 Gospel Oak
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- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**1,740**  
smokers in Belsize  
ward<sup>2012</sup>.

**40**  
Belsize residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
Belsize residents die  
from **lung cancer** or  
**COPD\*** each year<sup>2010-12</sup>.  
\*Chronic Obstructive Pulmonary Disease

**15**  
Belsize residents die  
from **heart disease** each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,090 (11%)**

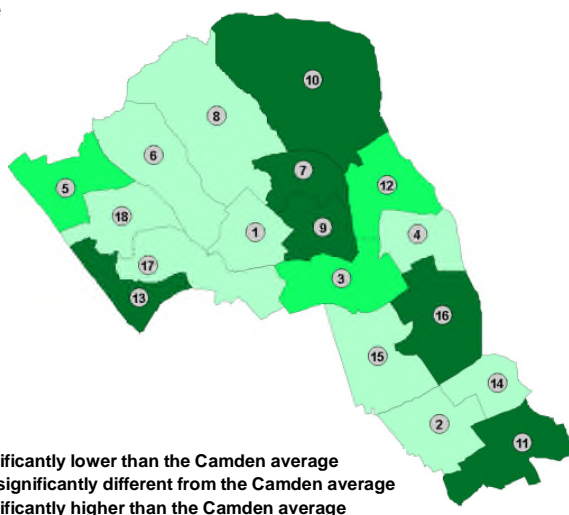
Belsize residents are **obese**, compared to **13%** of Camden's population.

**2,600 (27%)**

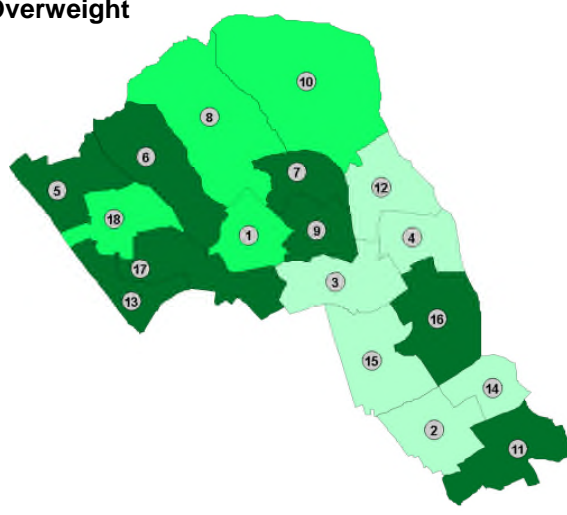
Belsize residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
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| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
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| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

020 7527 8770

[aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

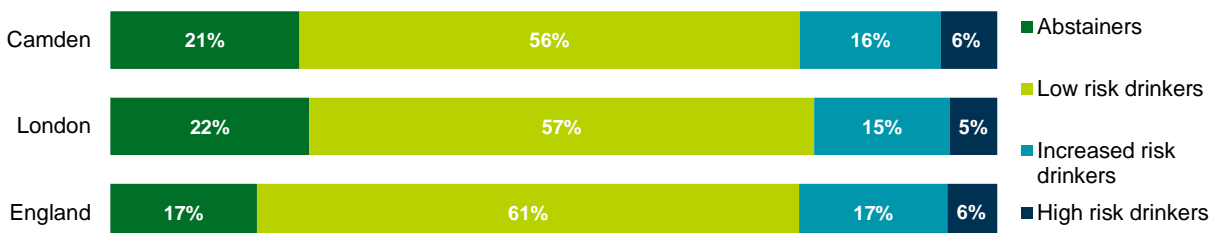
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

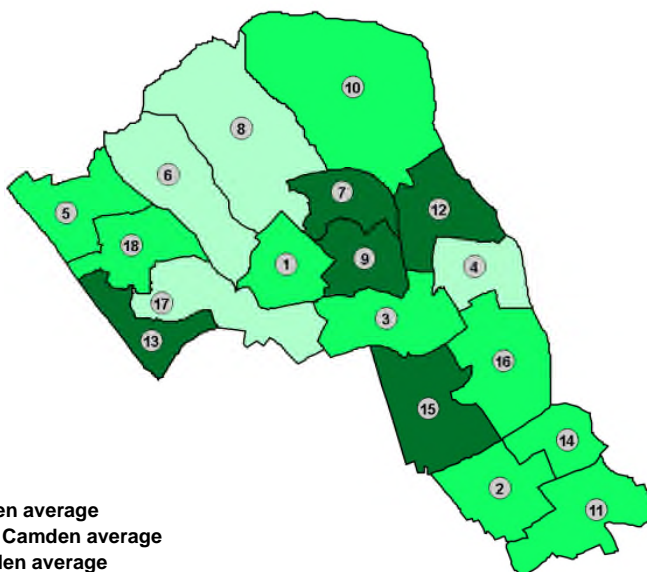
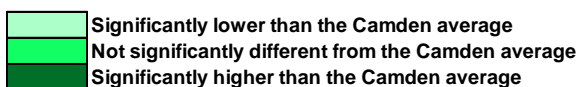
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
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There were approximately

**100**

alcohol-related admissions in Belsize<sup>2011/12</sup>.

### Mental and behavioural disorders

are the most common causes of alcohol-related admissions in Belsize<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Belsize<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,100	9.6%	1,260	11.0%	2,360	20.7%
Heart disease	270	2.4%	80	0.7%	360	3.1%
Diabetes	340	3.6%	410	4.3%	750	7.9%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**400**

people have had an NHS Health Check in Belsize GP practices<sup>2012/13</sup>.

**2,230**

people have been offered an NHS Health Check in Belsize GP practices<sup>2012/13</sup>.

**2,910**

people are eligible for an NHS Health Check in Belsize GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)



# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**160 (2%)**

Belsize residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

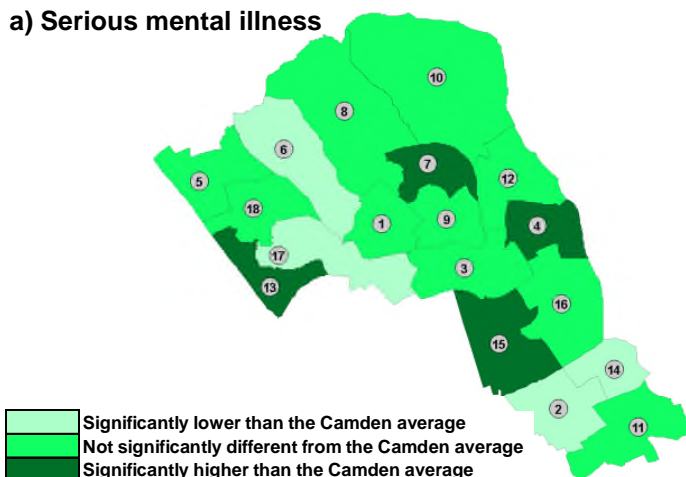
Residents in Belsize are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,020 (10%)**

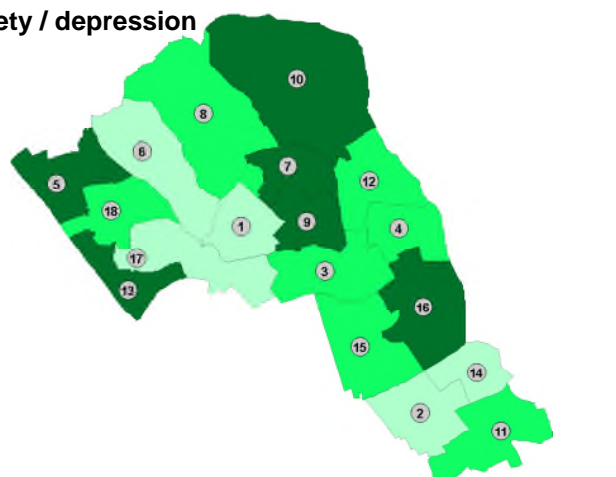
Belsize residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



- |                                  |                         |
|----------------------------------|-------------------------|
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## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

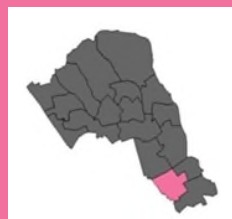
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Bloomsbury

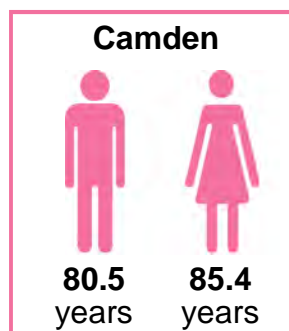
November 2013

## Life expectancy

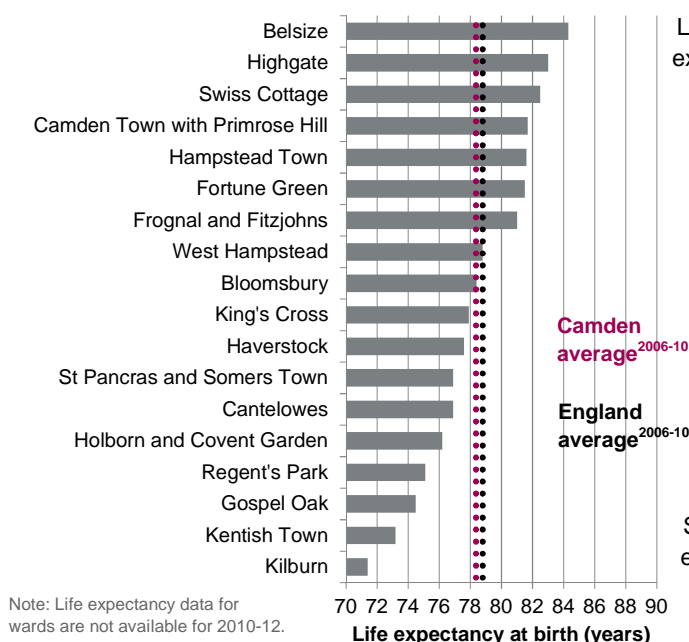
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

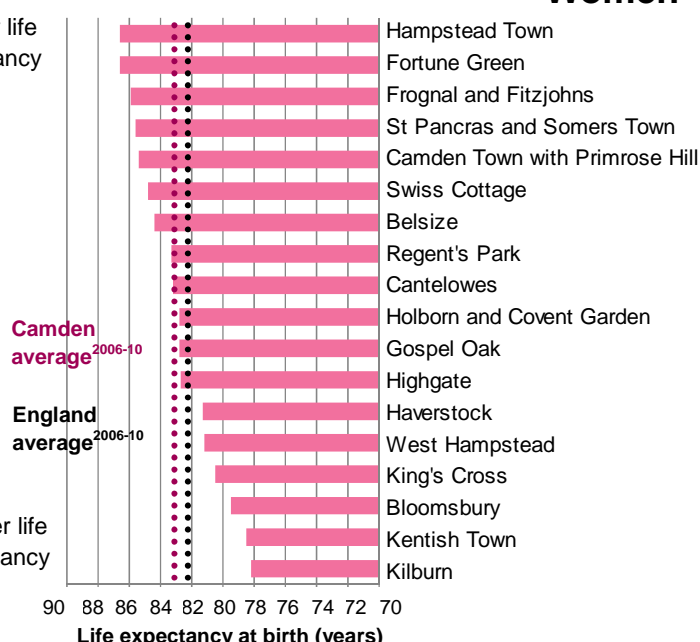


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **40** Bloomsbury residents die each year<sup>2009-11</sup>.

**43%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Bloomsbury<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 2 years** for men and **decreased by 2 years** for women in Bloomsbury.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

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# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

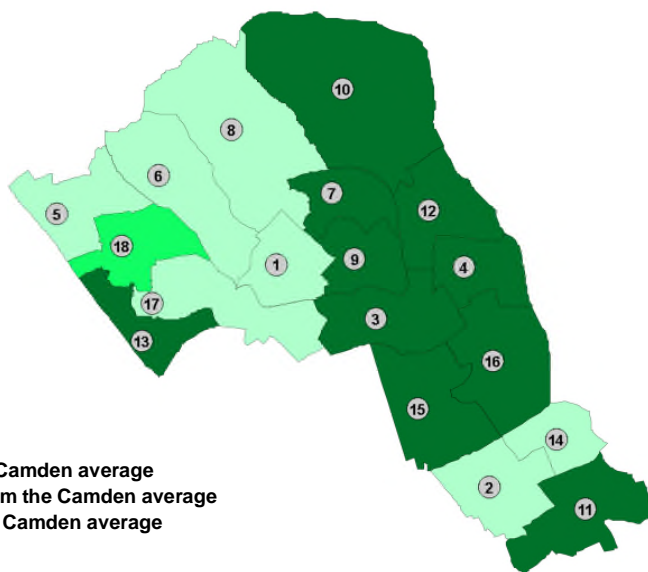
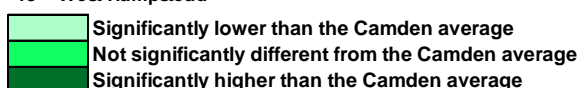
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

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**1,250**  
smokers in Bloomsbury ward<sup>2012</sup>.

**40**  
Bloomsbury residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
Bloomsbury residents die  
from **lung cancer** or  
**COPD\*** each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**10**  
Bloomsbury residents die  
from **heart disease** each  
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## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
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## Where people can get support

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## Want to find out more?

Verena Thompson (Public Health Manager)

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# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**590 (9%)**

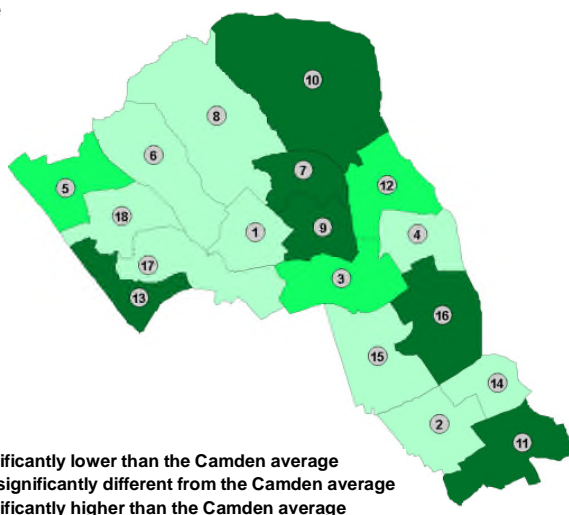
Bloomsbury residents are **obese**, compared to **13%** of Camden's population.

**1,390 (20%)**

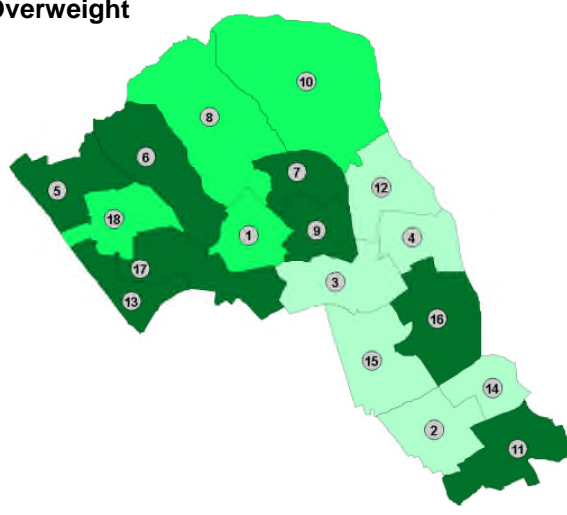
Bloomsbury residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
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### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
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### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

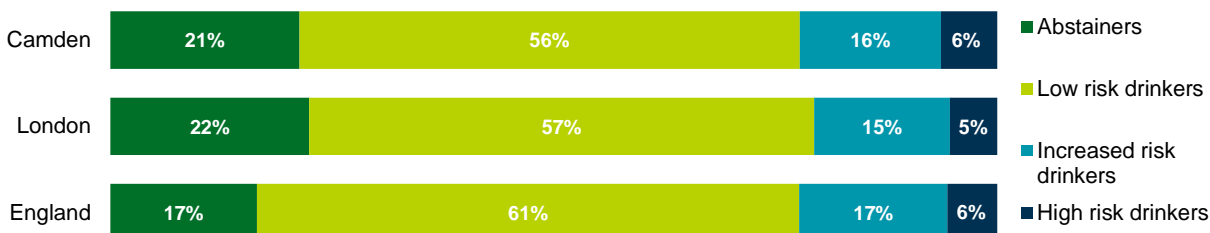
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

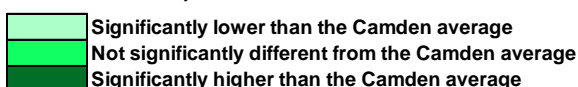
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

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There were approximately

**60**

alcohol-related admissions in Bloomsbury<sup>2011/12</sup>.

**Hypertensive diseases** are the most common causes of alcohol-related admissions in Bloomsbury<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Bloomsbury<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,310	3.9%	2,570	7.6%	3,880	11.5%
Heart disease	200	0.6%	240	0.7%	440	1.3%
Diabetes	510	1.6%	800	2.6%	1,310	4.2%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**220**

people have had an NHS Health Check in Bloomsbury GP practices<sup>2012/13</sup>.

**2,290**

people have been offered an NHS Health Check in Bloomsbury GP practices<sup>2012/13</sup>.

**3,470**

people are eligible for an NHS Health Check in Bloomsbury GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**70 (1%)**

Bloomsbury residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

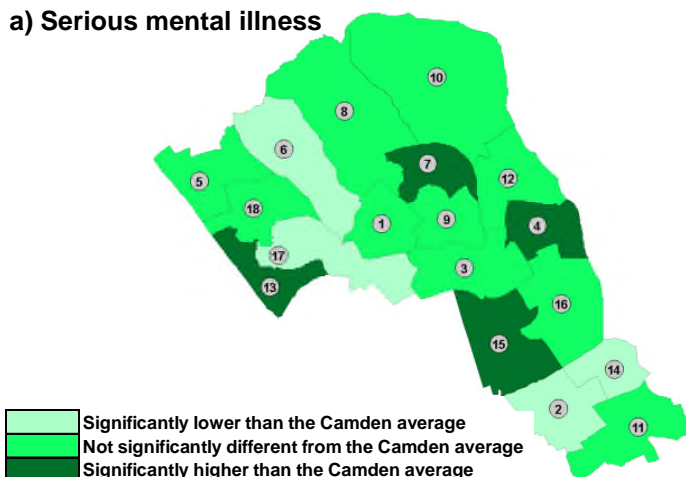
Residents in Bloomsbury are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**580 (6%)**

Bloomsbury residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

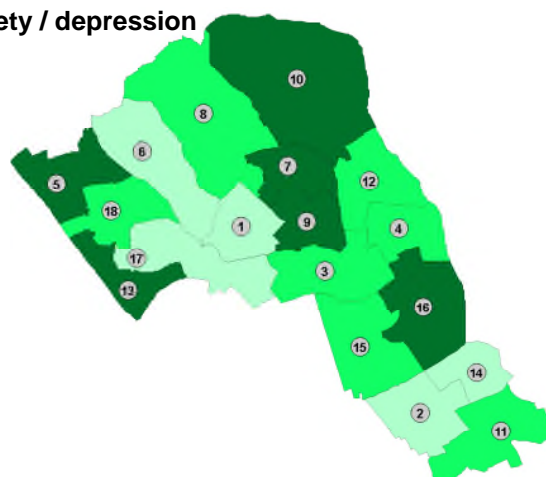
Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

b) Anxiety / depression



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

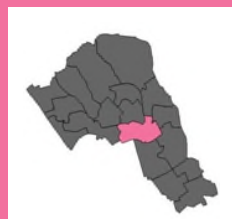
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Camden Town with Primrose Hill

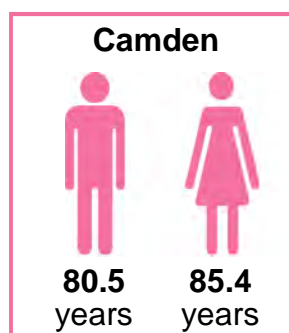
November 2013

## Life expectancy

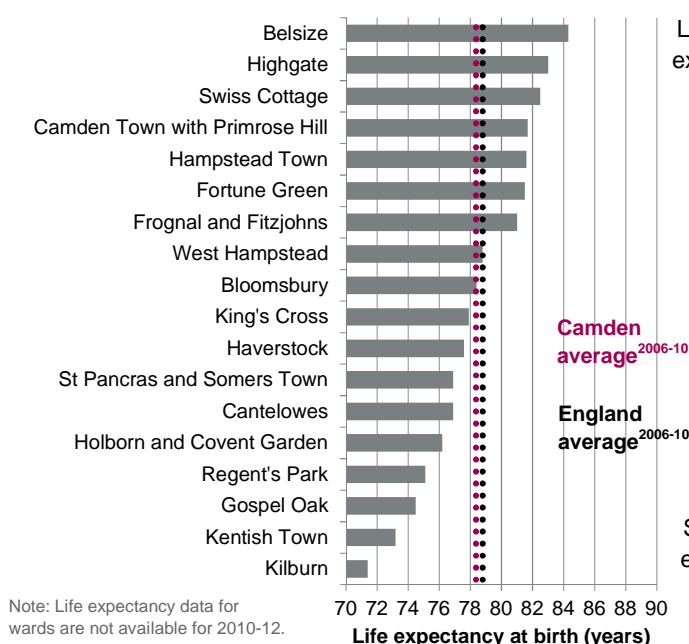
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

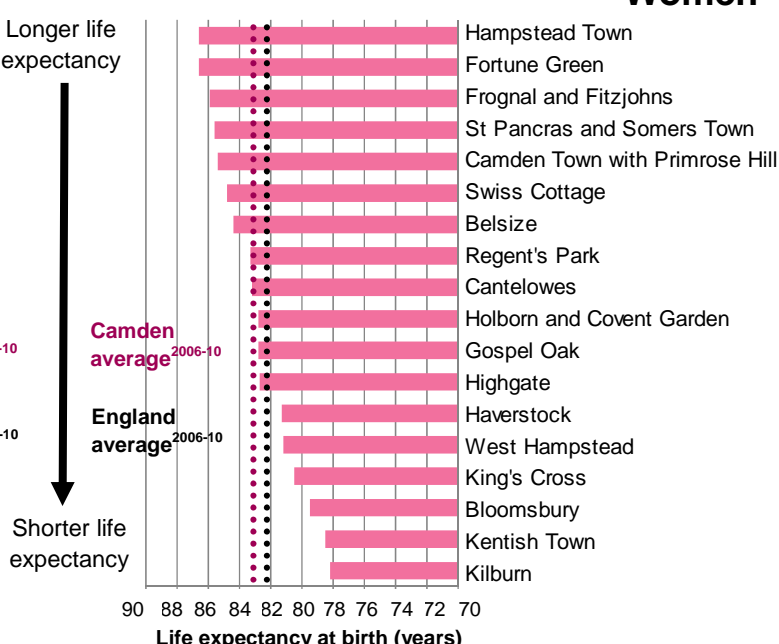


**Men**<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

**Women**



About **50** Camden Town with Primrose Hill residents die each year<sup>2009-11</sup>.

**54%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Camden Town with Primrose Hill<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 8 years** for men and **by 1 year** for women in Camden Town with Primrose Hill.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.



# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

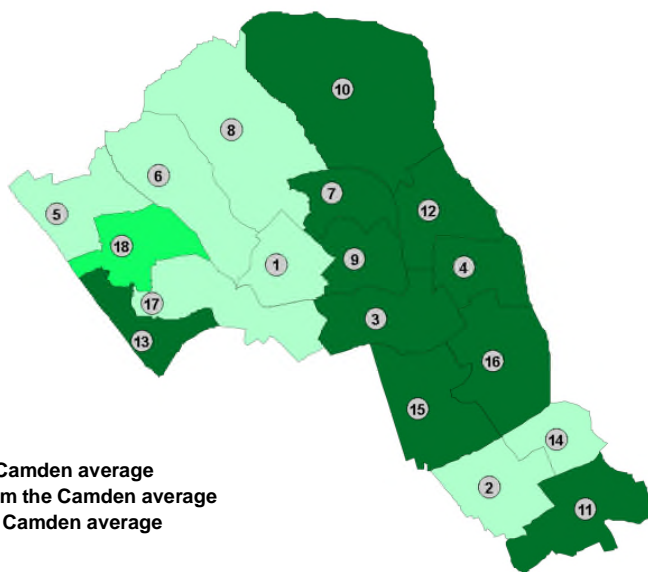
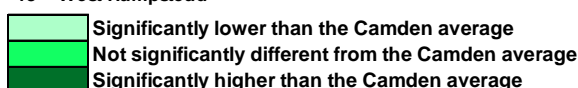
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**2,380**

**smokers** in Camden Town with Primrose Hill ward<sup>2012</sup>.

**40**

Camden Town with Primrose Hill residents **quit smoking** for at least four weeks<sup>2012/13</sup>.

**5**

Camden Town with Primrose Hill residents die from **lung cancer** or **COPD\*** each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**15**

Camden Town with Primrose Hill residents die from **heart disease** each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,150 (13%)**

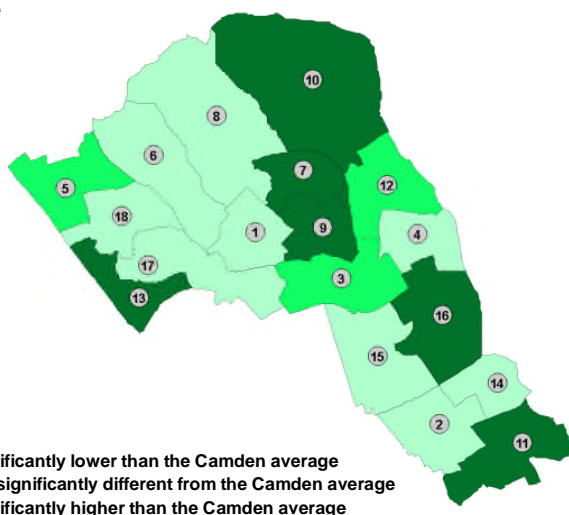
Camden Town with Primrose Hill residents are **obese**, compared to **13%** of Camden's population.

**2,260 (26%)**

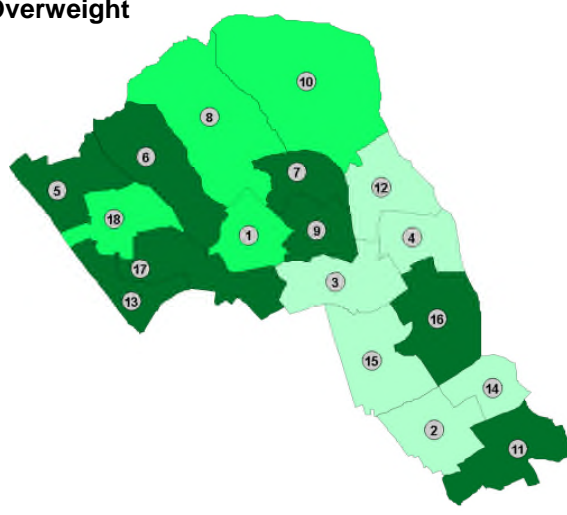
Camden Town with Primrose Hill residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

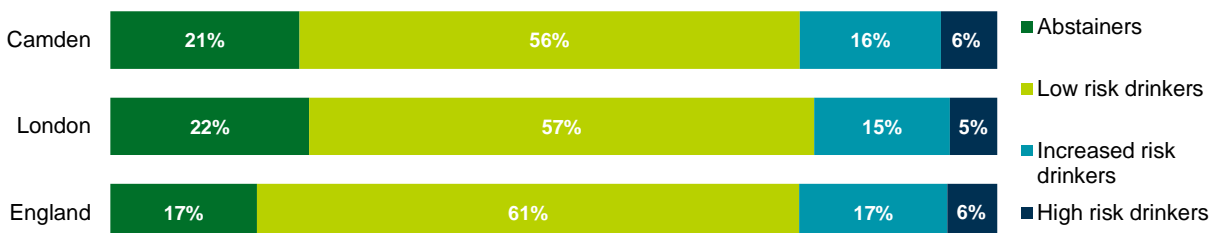
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

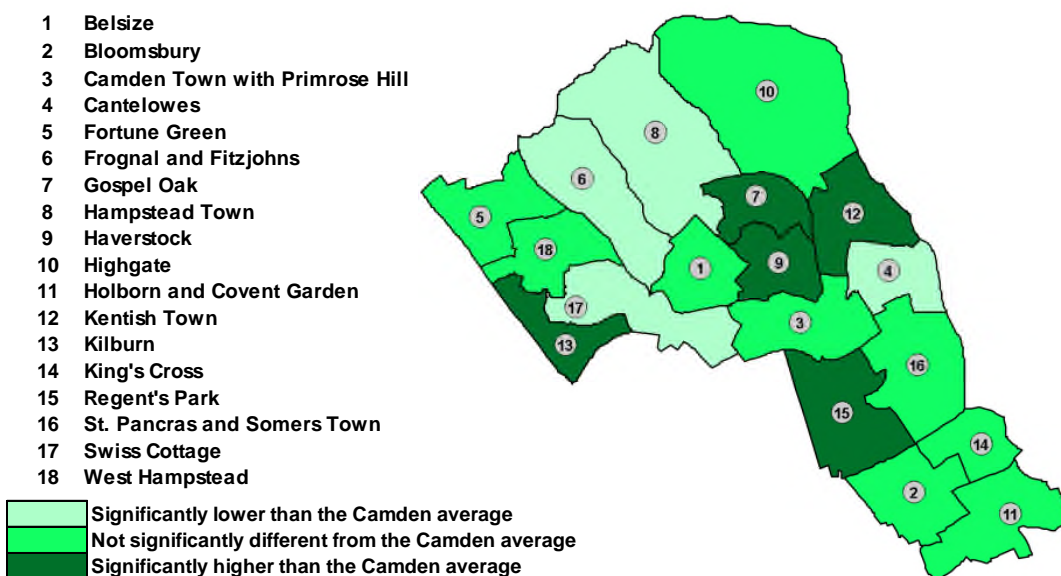
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**130**

alcohol-related admissions in Camden Town with Primrose Hill<sup>2011/12</sup>.

**Mental and behavioural disorders** are the most common causes of alcohol-related admissions in Camden Town with Primrose Hill<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Camden Town with Primrose Hill<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	630	10.4%	720	11.8%	1,350	22.2%
Heart disease	110	1.9%	90	1.5%	210	3.4%
Diabetes	160	3.2%	270	5.4%	430	8.6%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**220**

people have had an NHS Health Check in Camden Town with Primrose Hill GP practices<sup>2012/13</sup>.

**1,360**

people have been offered an NHS Health Check in Camden Town with Primrose Hill GP practices<sup>2012/13</sup>.

**2,090**

people are eligible for an NHS Health Check in Camden Town with Primrose Hill GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**200 (2%)**

Camden Town with Primrose Hill residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

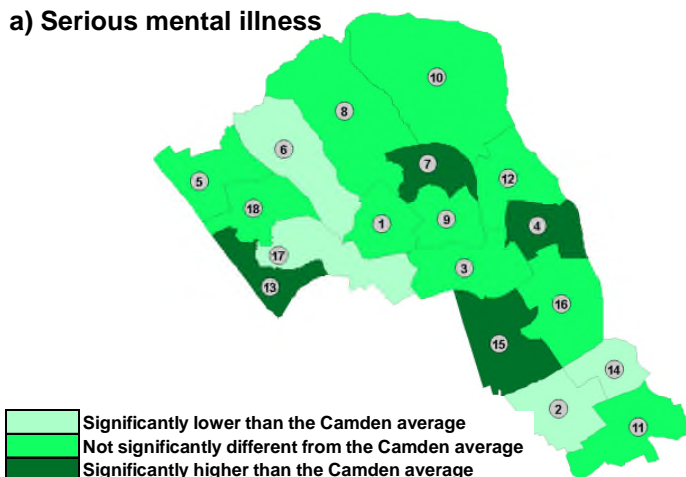
Residents in Camden Town with Primrose Hill are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,080 (10%)**

Camden Town with Primrose Hill residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

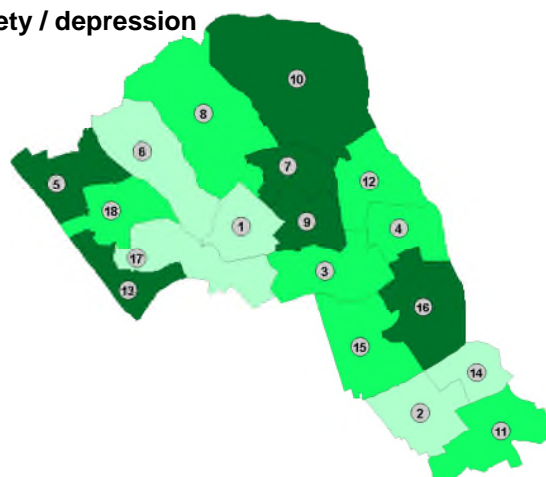
**Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012**

**a) Serious mental illness**



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

**b) Anxiety / depression**



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

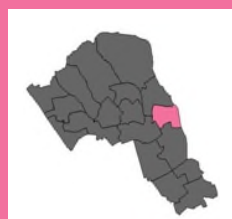
## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)





# HEALTH & WELLBEING

## Cantelowes

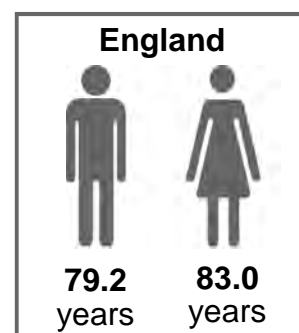
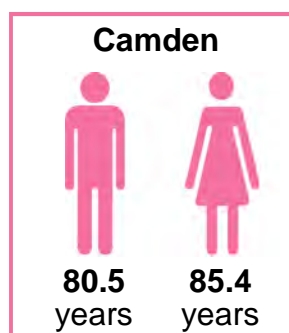
November 2013

## Life expectancy

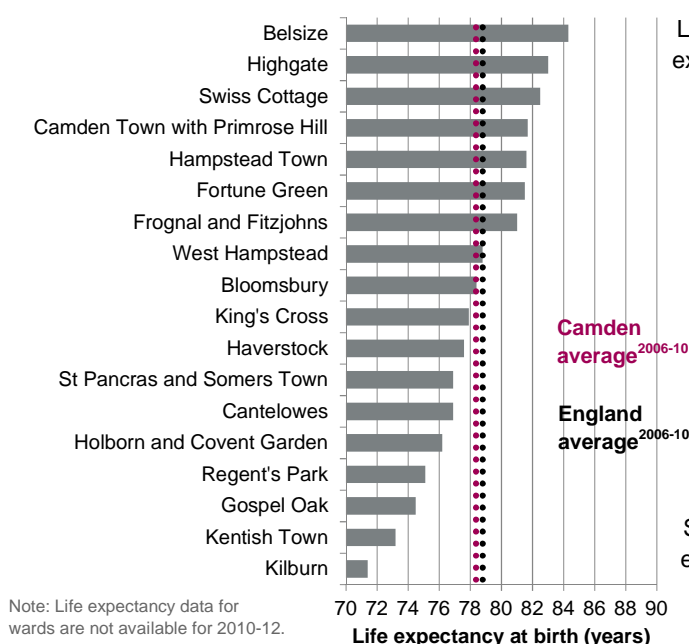
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

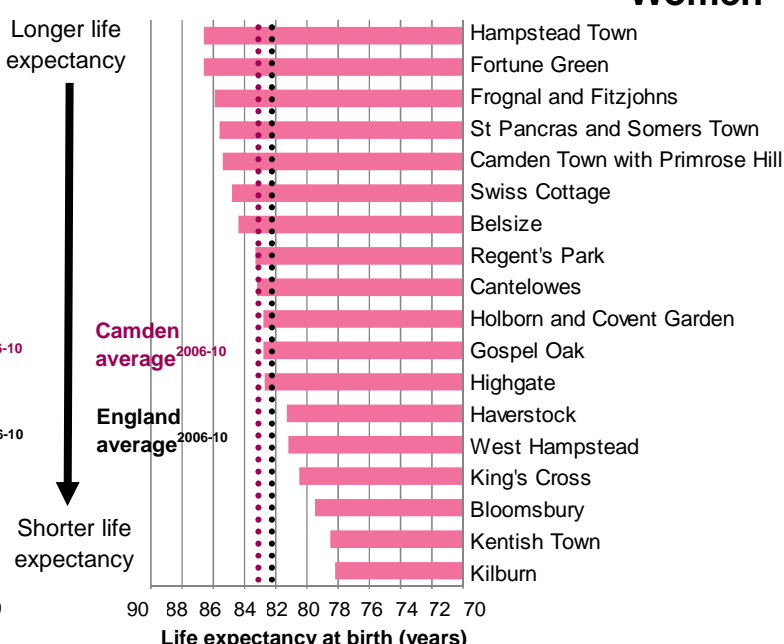


### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

### Women



About **50** Cantelowes residents die each year<sup>2009-11</sup>.

**49%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Cantelowes<sup>2006-10</sup>.

Since 2002-06, life expectancy has **decreased by 1 year** for men and **increased by 4 years** for women in Cantelowes.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

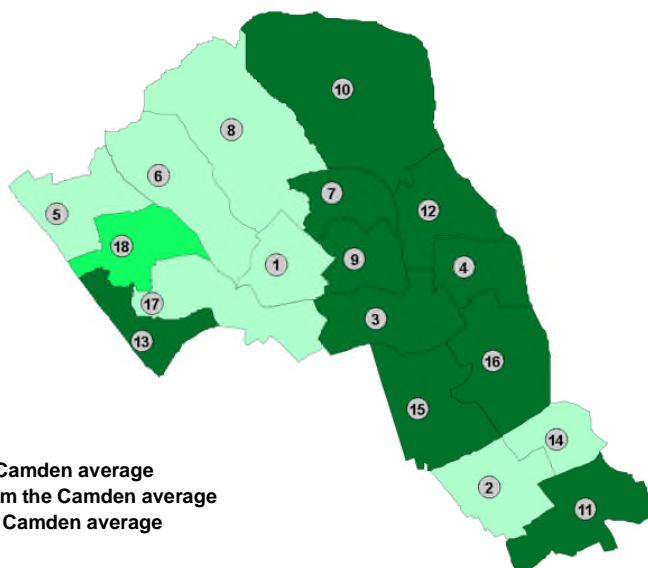
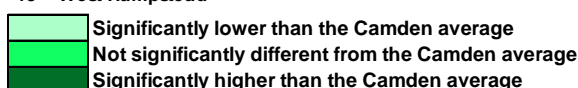
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
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- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**2,000**  
smokers in Canteloves ward<sup>2012</sup>.

**60**  
Canteloves residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
Canteloves residents die  
from **lung cancer** or  
**COPD\*** each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**15**  
Canteloves residents die  
from **heart disease** each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**870 (12%)**

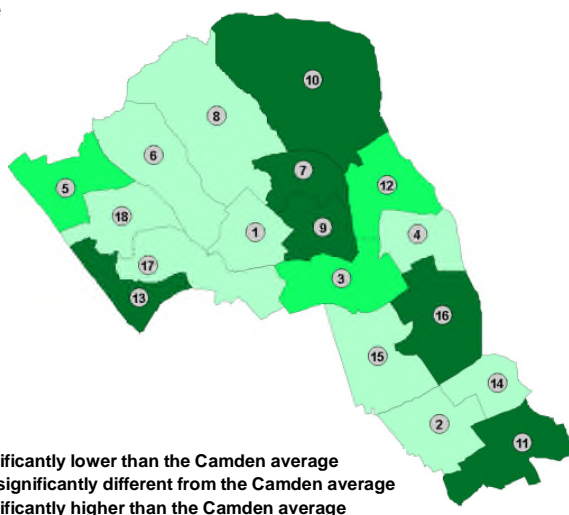
Cantelowes residents are **obese**, compared to **13%** of Camden's population.

**1,720 (24%)**

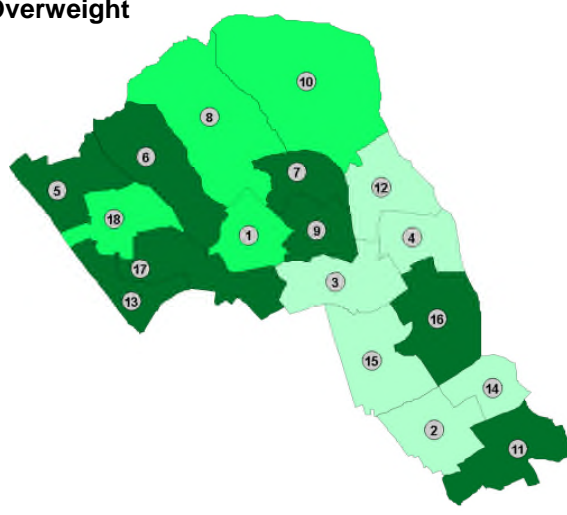
Cantelowes residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

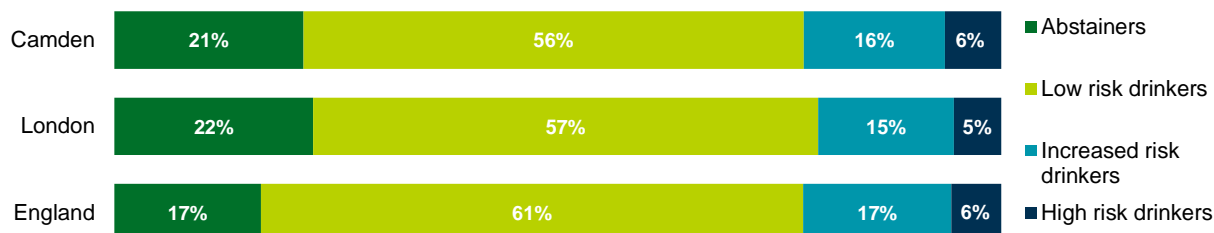
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

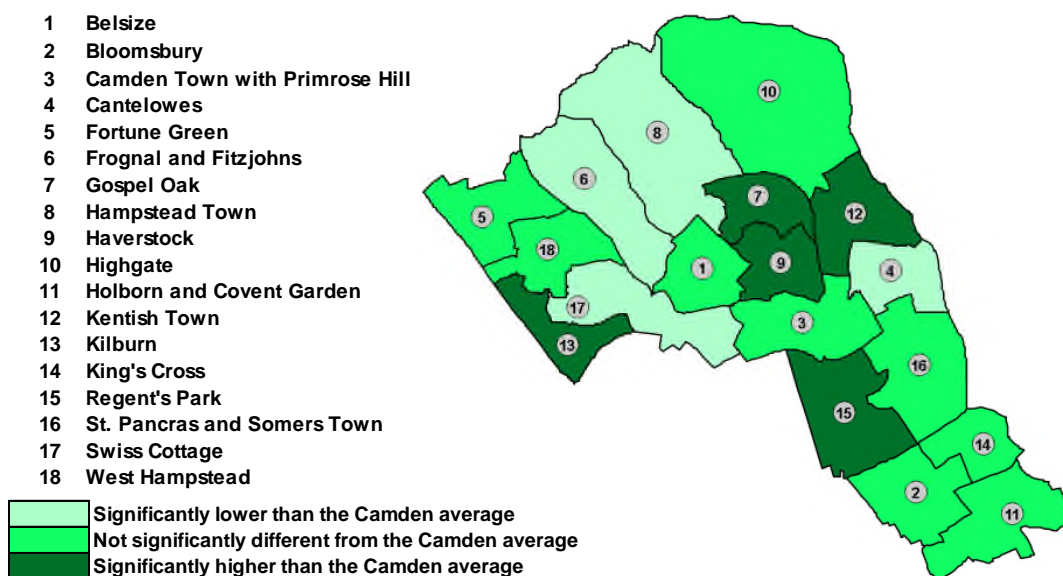
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**70**

alcohol-related admissions in Cantelowes<sup>2011/12</sup>.

**Mental and behavioural disorders due to use of alcohol** are the most common causes of alcohol-related admissions in Cantelowes<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Cantelowes<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,600	8.7%	2,300	12.5%	3,900	21.1%
Heart disease	300	1.6%	300	1.6%	600	3.2%
Diabetes	740	4.5%	550	3.4%	1,290	7.8%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**10**

people have had an NHS Health Check in Cantelowes GP practices<sup>2012/13</sup>.

**0**

people have been offered an NHS Health Check in Cantelowes GP practices<sup>2012/13</sup>.

**5,520**

people are eligible for an NHS Health Check in Cantelowes GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)



# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**180 (2%)**

Cantelowes residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

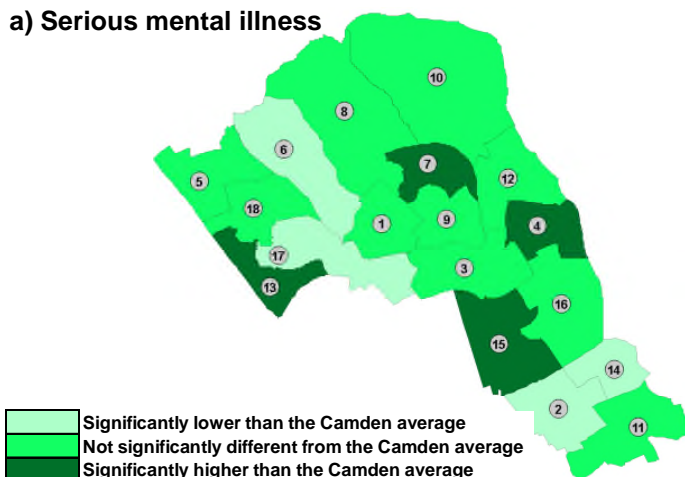
Residents in Cantelowes are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**940 (11%)**

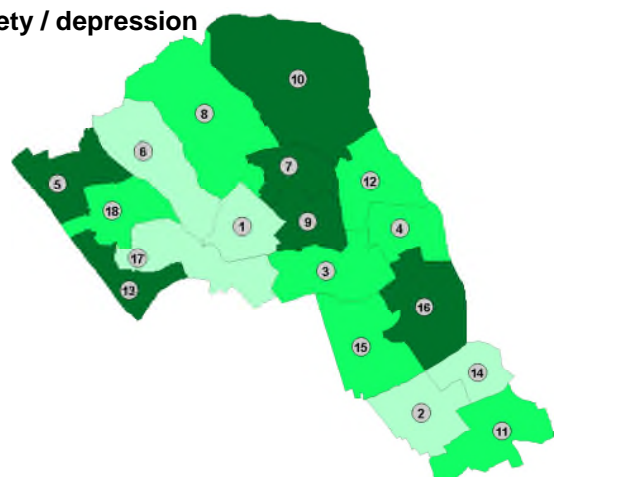
Cantelowes residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

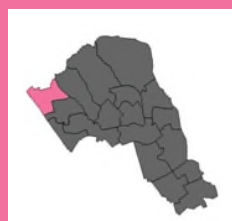
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Fortune Green

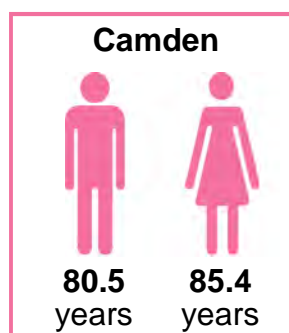
November 2013

## Life expectancy

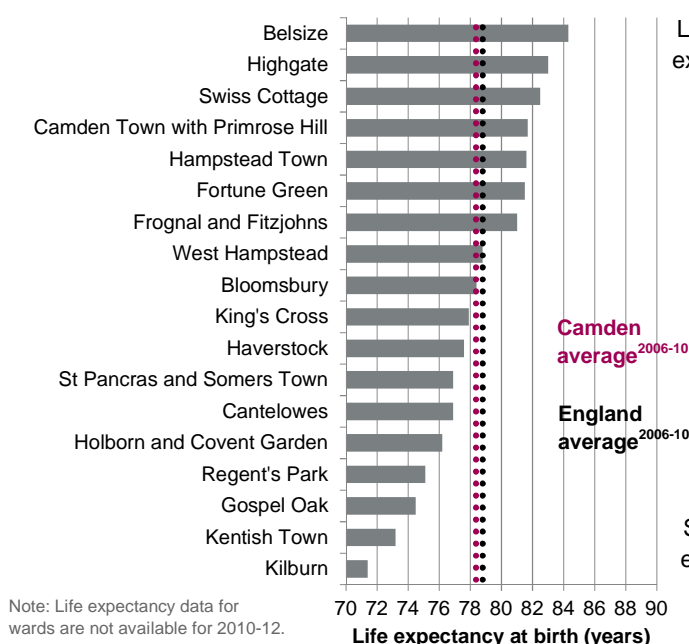
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

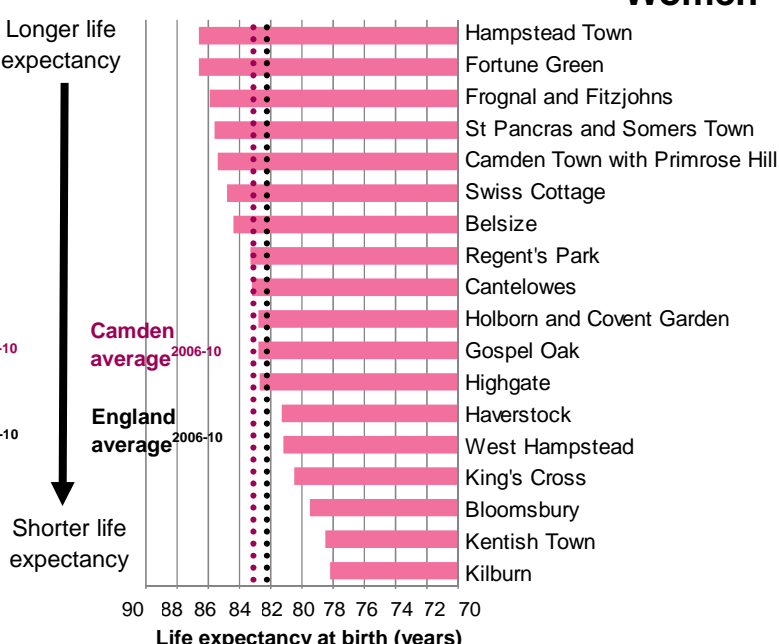


### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

### Women



About **40** Fortune Green residents die each year<sup>2009-11</sup>.

**44%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Fortune Green<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 4 years** for men and **by 6 years** for women in Fortune Green.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

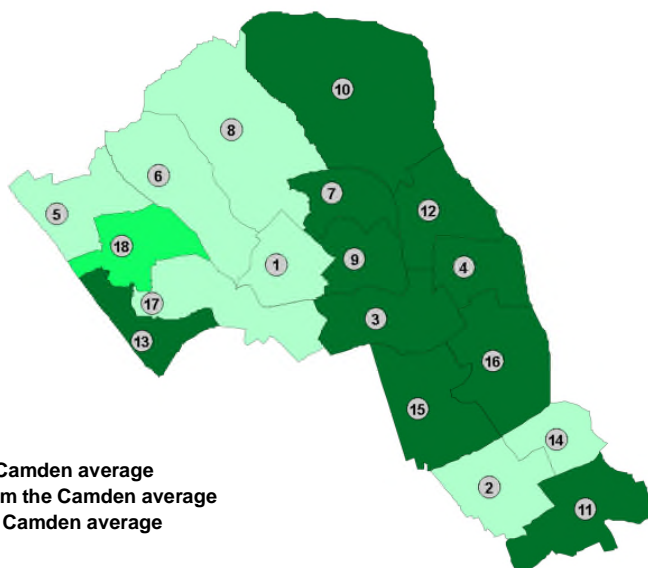
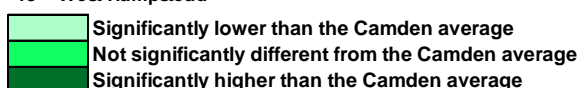
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,350

smokers in Fortune Green ward<sup>2012</sup>.

30

Fortune Green residents quit smoking for at least four weeks<sup>2012/13</sup>.

5

Fortune Green residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

10

Fortune Green residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**860 (13%)**

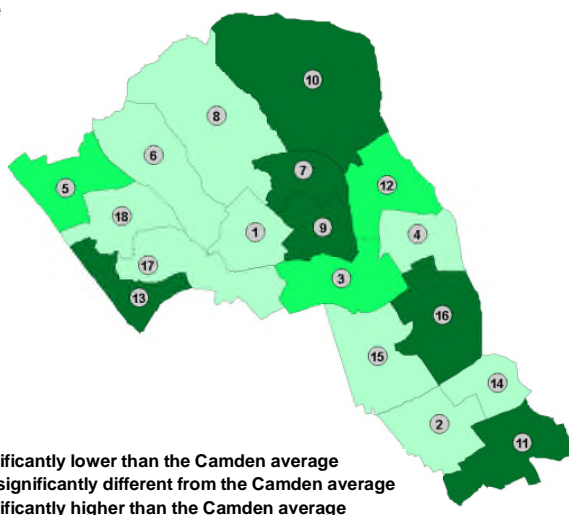
Fortune Green residents are **obese**, compared to **13%** of Camden's population.

**1,930 (29%)**

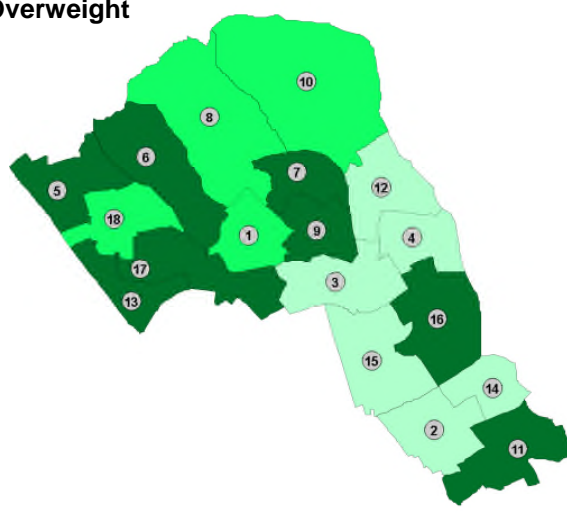
Fortune Green residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Cantelowes
- 5 Fortune Green

- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate

- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park

- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

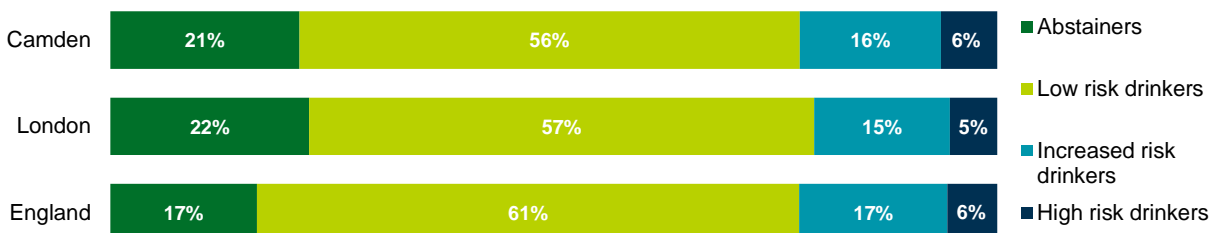
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

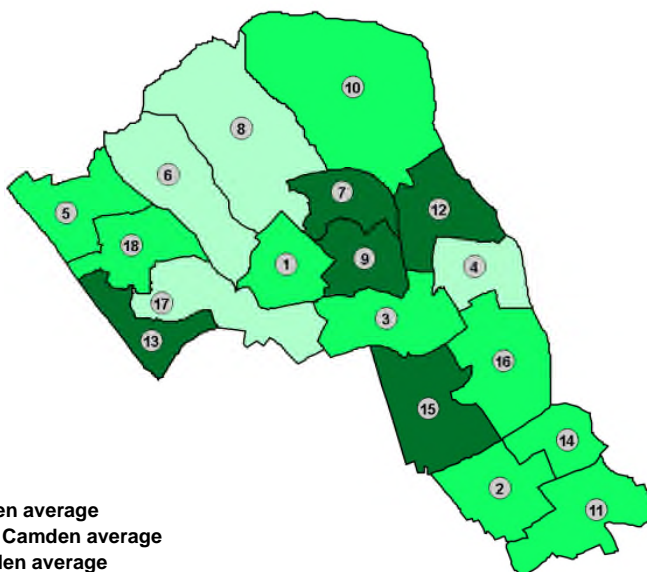
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Cantelowes
- 5 Fortune Green
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- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



There were approximately

**60**

alcohol-related admissions in Fortune Green<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in Fortune Green<sup>2011/12</sup>.

- Significantly lower than the Camden average
- Not significantly different from the Camden average
- Significantly higher than the Camden average

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)



# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Fortune Green<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	830	9.5%	910	10.4%	1,730	19.9%
Heart disease	180	2.1%	70	0.8%	250	2.9%
Diabetes	270	3.8%	330	4.6%	600	8.4%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

0

people have had an NHS Health Check in Fortune Green GP practices<sup>2012/13</sup>.

0

people have been offered an NHS Health Check in Fortune Green GP practices<sup>2012/13</sup>.

2,430

people are eligible for an NHS Health Check in Fortune Green GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**140 (2%)**

Fortune Green residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

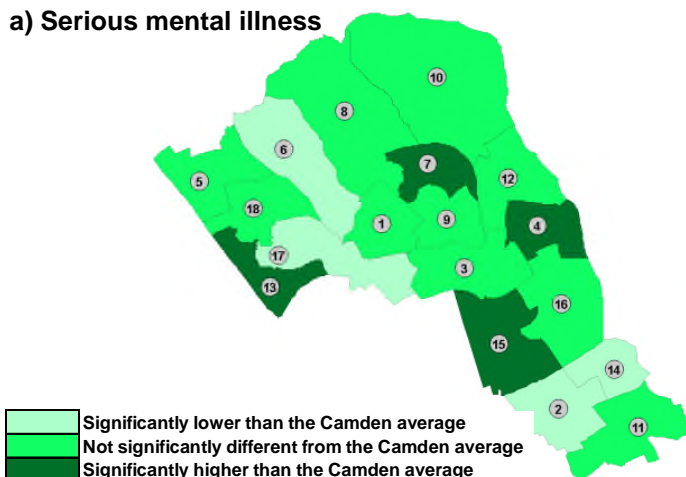
Residents in Fortune Green are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**840 (12%)**

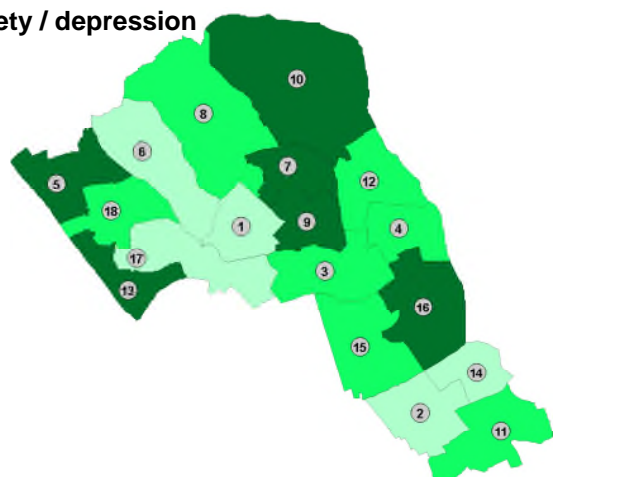
Fortune Green residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

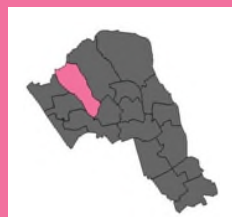
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Frognal and Fitzjohns

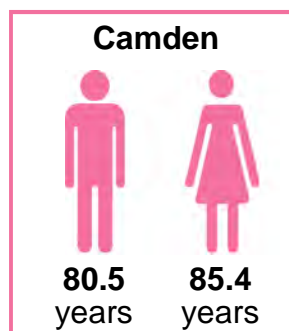
November 2013

## Life expectancy

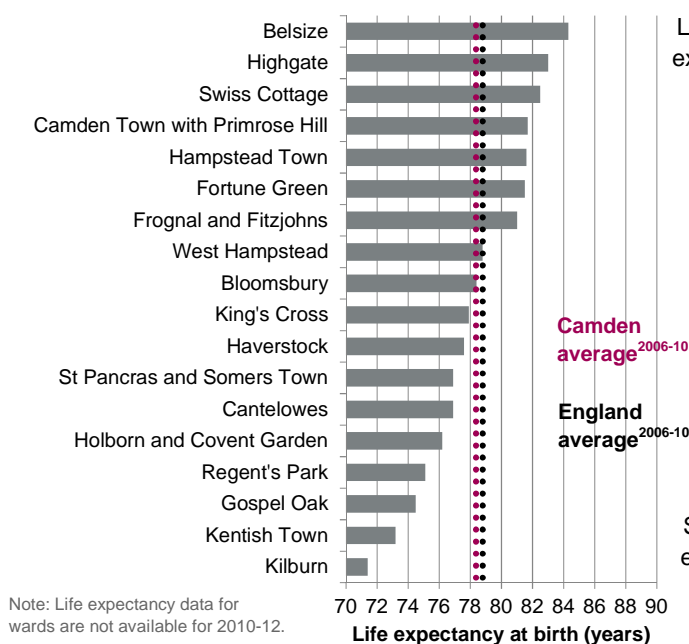
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

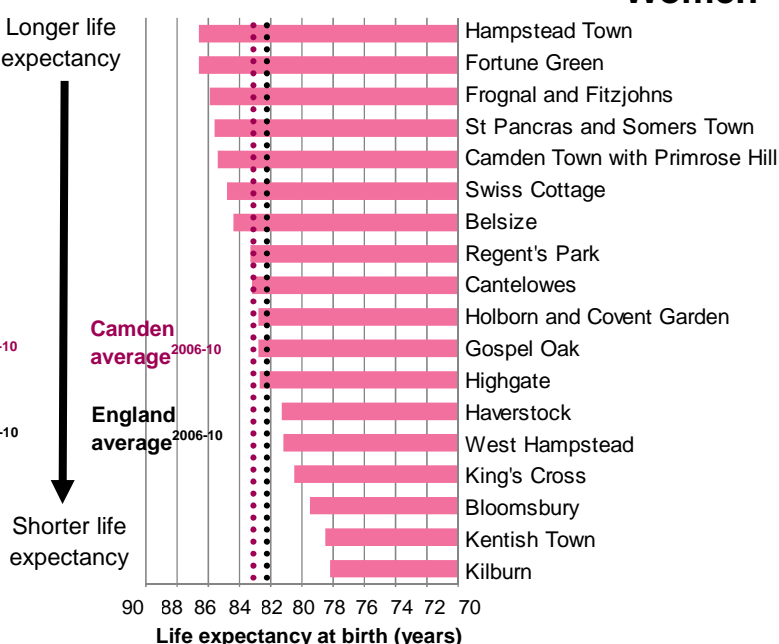


**Men**<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

**Women**



About **50** Frognal and Fitzjohns residents die each year<sup>2009-11</sup>.

**24%**

of these are aged **under 75 years**.

**Heart disease** is the main cause of death in Frognal and Fitzjohns<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 2 years** for men and **by 2 years** for women in Frognal and Fitzjohns.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

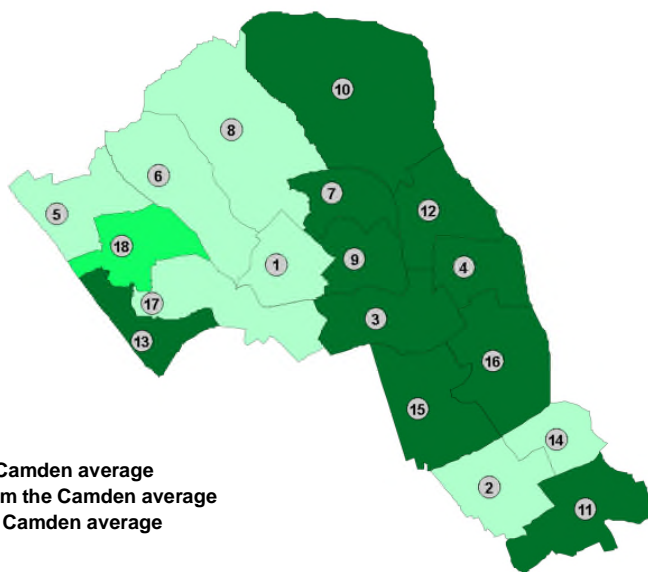
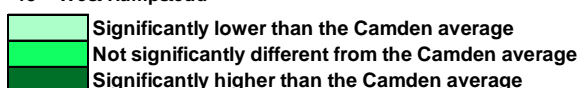
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**1,170**  
smokers in Frognal and  
Fitzjohns ward<sup>2012</sup>.

**20**  
Frognal and Fitzjohns  
residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
Frognal and Fitzjohns  
residents die  
from **lung cancer** or  
**COPD\*** each year<sup>2010-12</sup>.  
\*Chronic Obstructive Pulmonary Disease

**15**  
Frognal and Fitzjohns  
residents die  
from **heart disease** each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**780 (10%)**

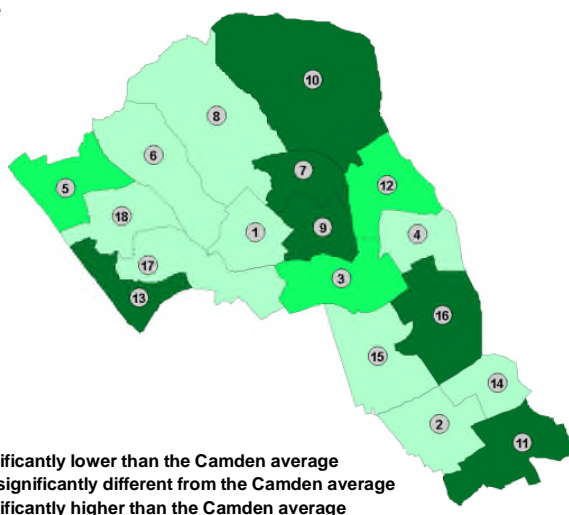
Frognal and Fitzjohns residents are **obese**, compared to **13%** of Camden's population.

**2,260 (28%)**

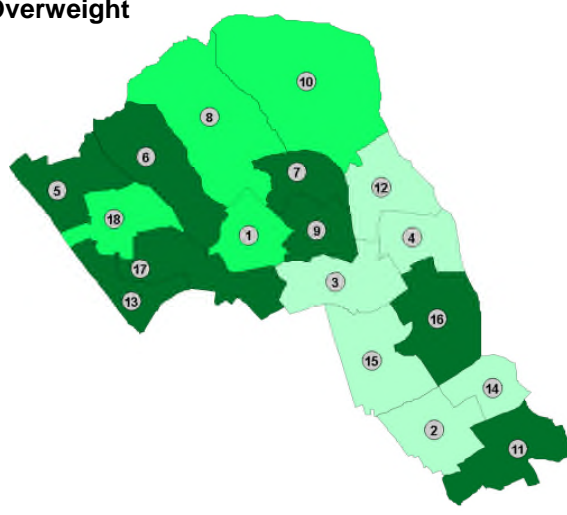
Frognal and Fitzjohns residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



Significantly lower than the Camden average  
Not significantly different from the Camden average  
Significantly higher than the Camden average

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

020 7527 8770

[aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)



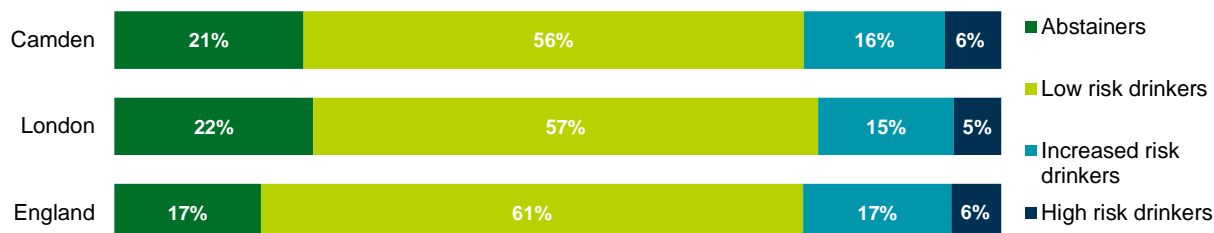
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

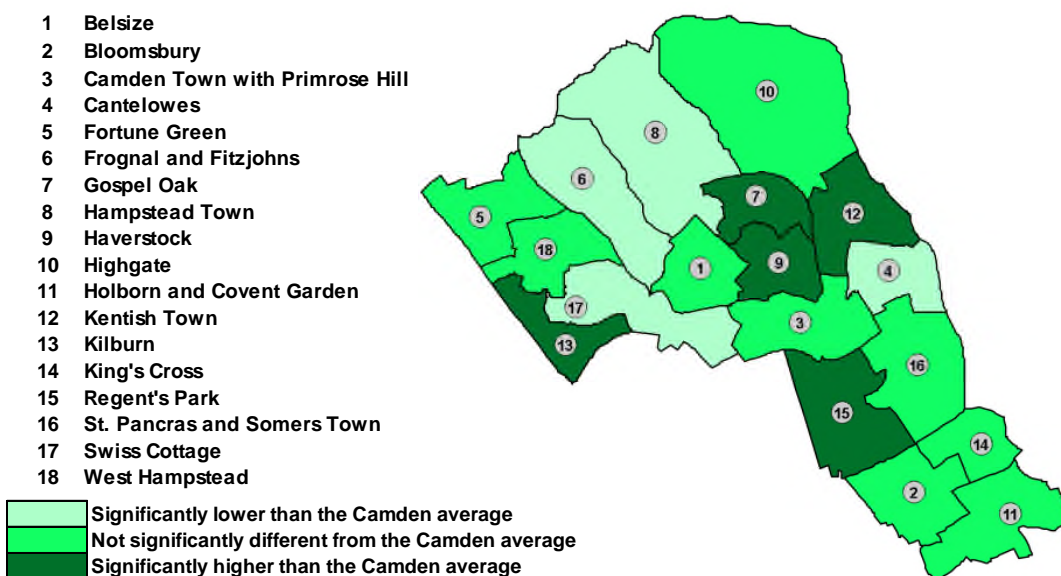
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**60**

alcohol-related admissions in Frognal and Fitzjohns<sup>2011/12</sup>.

**Hypertensive diseases** are the most common causes of alcohol-related admissions in Frognal and Fitzjohns<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Frognal and Fitzjohns<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	220	9.1%	310	12.5%	530	21.7%
Heart disease	60	2.4%	30	1.0%	80	3.4%
Diabetes	60	3.1%	110	5.7%	170	8.9%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

0

people have had an NHS Health Check in  
Frognal and Fitzjohns GP practices<sup>2012/13</sup>.

0

people have been offered an NHS Health Check in  
Frognal and Fitzjohns GP practices<sup>2012/13</sup>.

810

people are eligible for an NHS Health Check in  
Frognal and Fitzjohns GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**110 (1%)**

Frognal and Fitzjohns residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

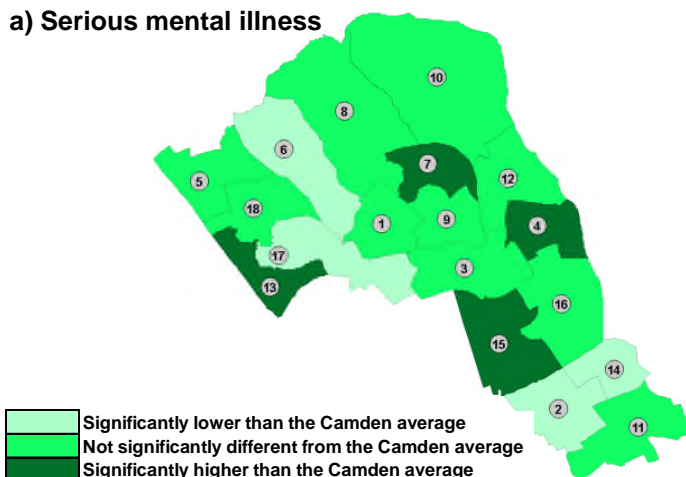
Residents in Frognal and Fitzjohns are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**830 (9%)**

Frognal and Fitzjohns residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

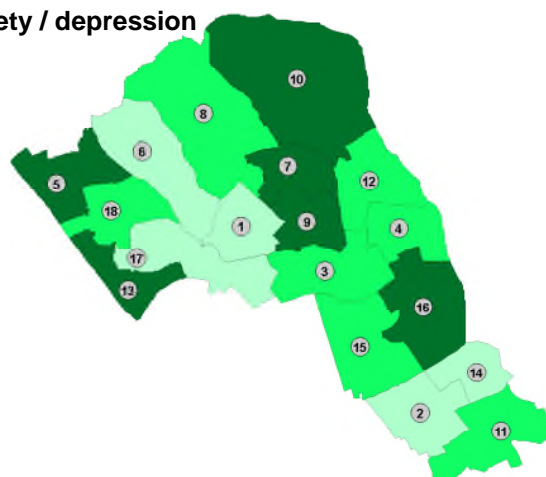
Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

b) Anxiety / depression



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

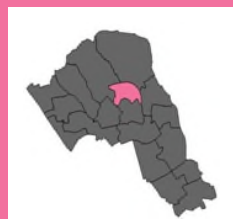
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## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Gospel Oak

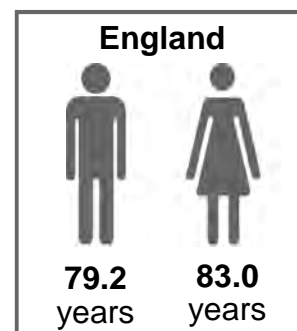
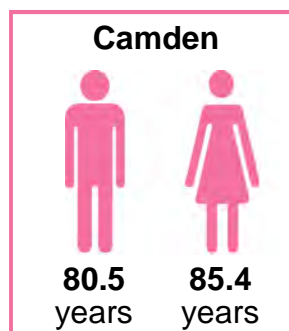
November 2013

## Life expectancy

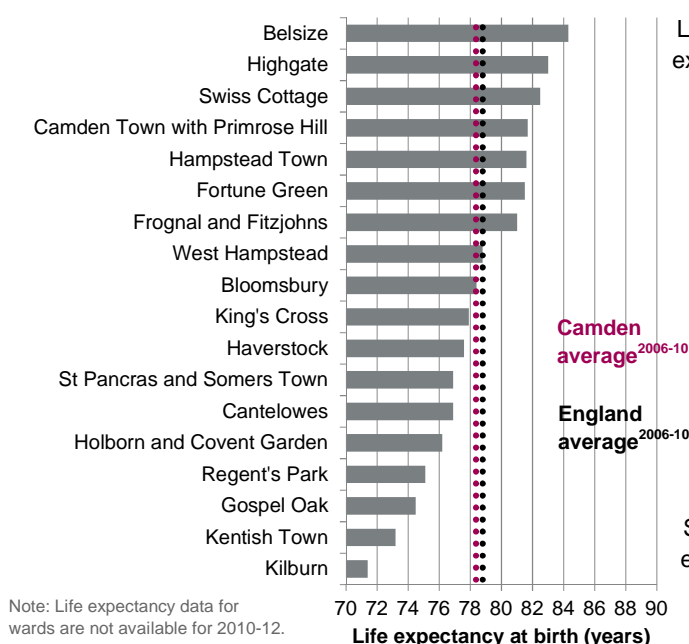
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

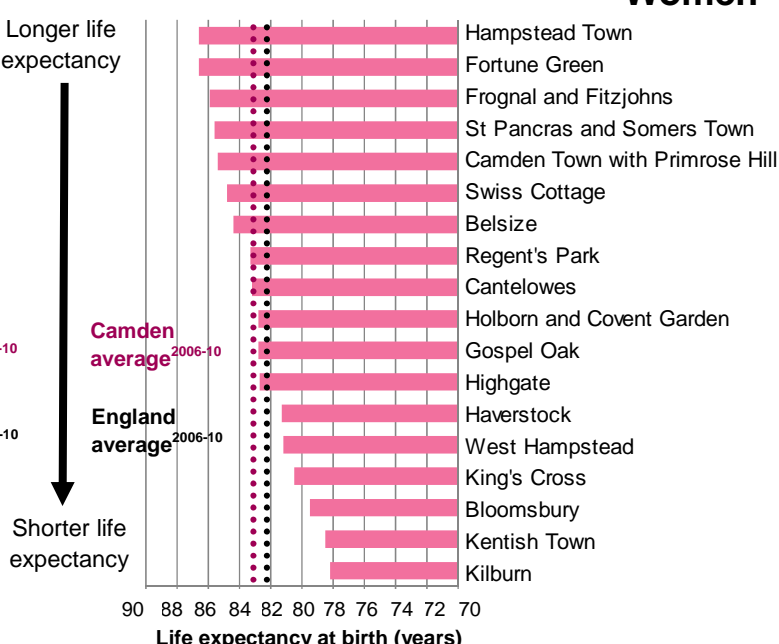


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **60** Gospel Oak residents die each year<sup>2009-11</sup>.

**38%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Gospel Oak<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 1 year** for men and **not changed** for women in Gospel Oak.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

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# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

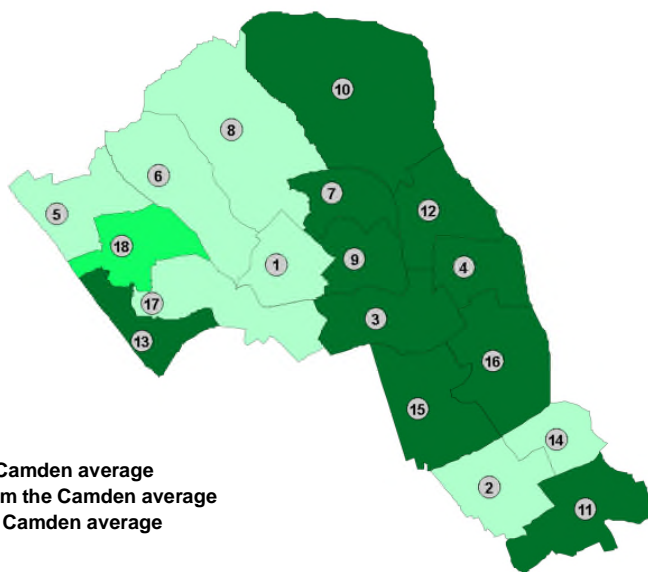
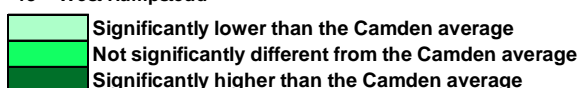
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**2,190**  
smokers in Gospel Oak  
ward<sup>2012</sup>.

**60**  
Gospel Oak residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**10**  
Gospel Oak residents die  
from **lung cancer** or  
**COPD\*** each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**10**  
Gospel Oak residents die  
from **heart disease** each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)



# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,330 (16%)**

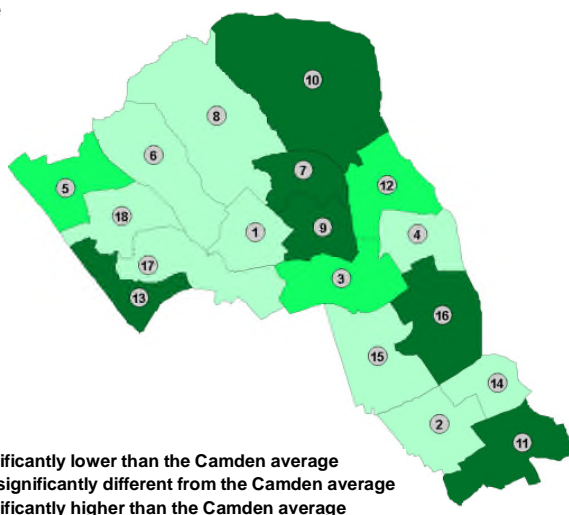
Gospel Oak residents are **obese**, compared to **13%** of Camden's population.

**2,420 (30%)**

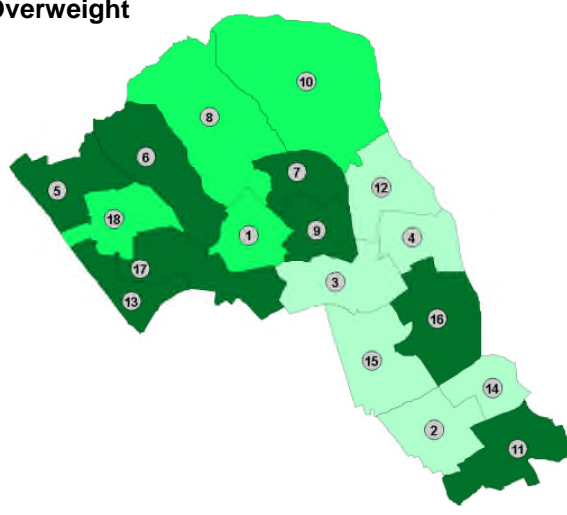
Gospel Oak residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

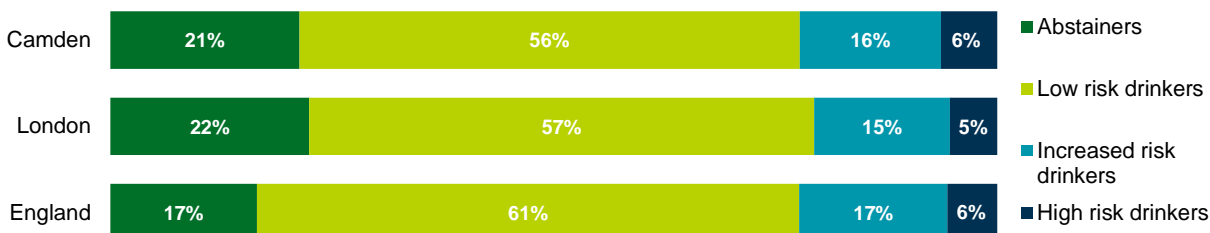
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

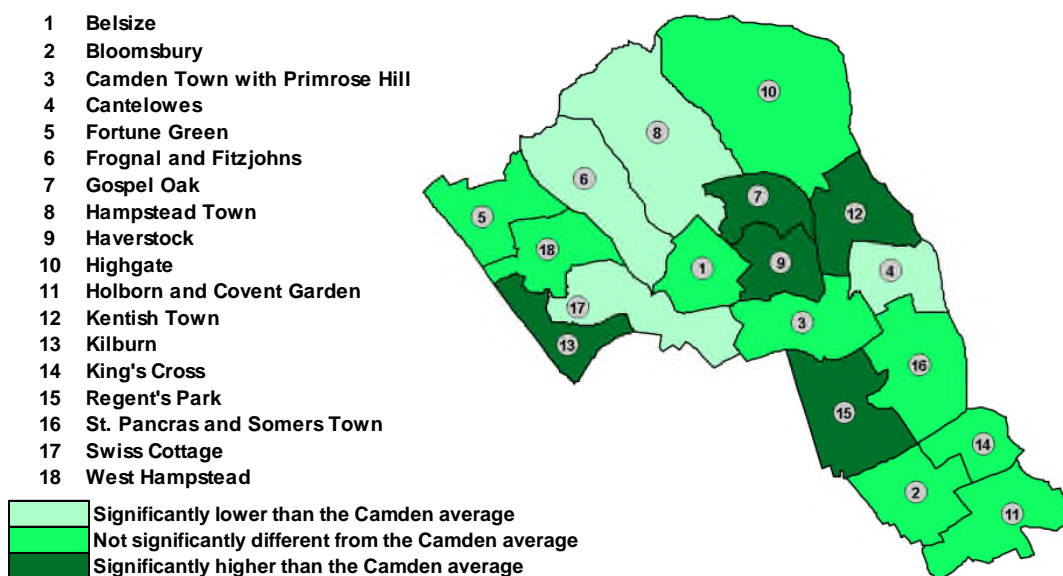
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**160**

alcohol-related admissions in Gospel Oak<sup>2011/12</sup>.

**Mental and behavioural disorders** are the most common causes of alcohol-related admissions in Gospel Oak<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Gospel Oak<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,410	9.5%	1,640	11.1%	3,050	20.5%
Heart disease	310	2.1%	230	1.5%	540	3.6%
Diabetes	530	4.4%	500	4.2%	1,030	8.7%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**280**

people have had an NHS Health Check in Gospel Oak GP practices<sup>2012/13</sup>.

**980**

people have been offered an NHS Health Check in Gospel Oak GP practices<sup>2012/13</sup>.

**4,020**

people are eligible for an NHS Health Check in Gospel Oak GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**190 (2%)**

Gospel Oak residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

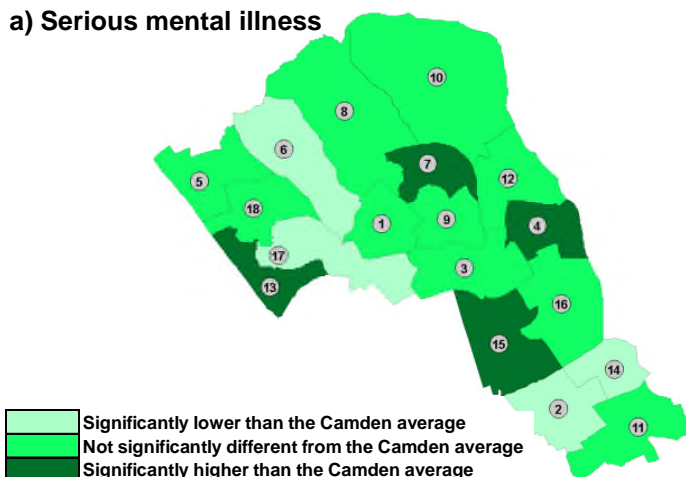
Residents in Gospel Oak are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,280 (14%)**

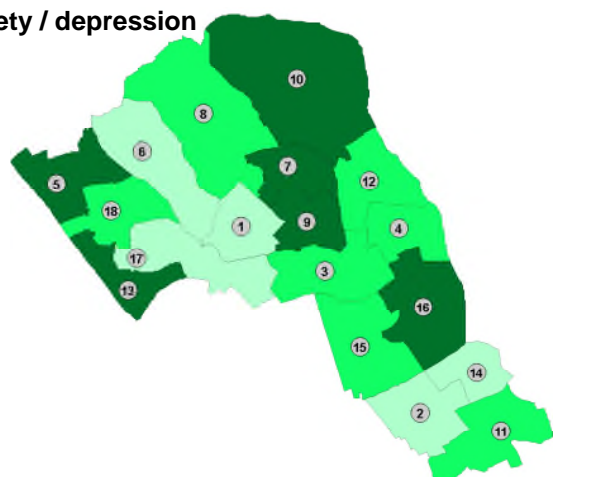
Gospel Oak residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change campaign** and promote anti-stigma messages.

## Where people can get support

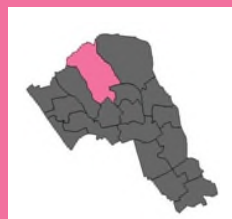
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Hampstead Town

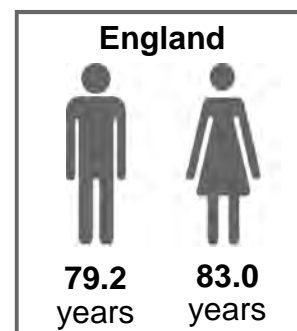
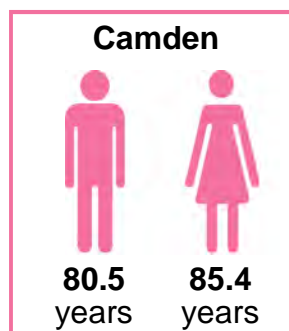
November 2013

## Life expectancy

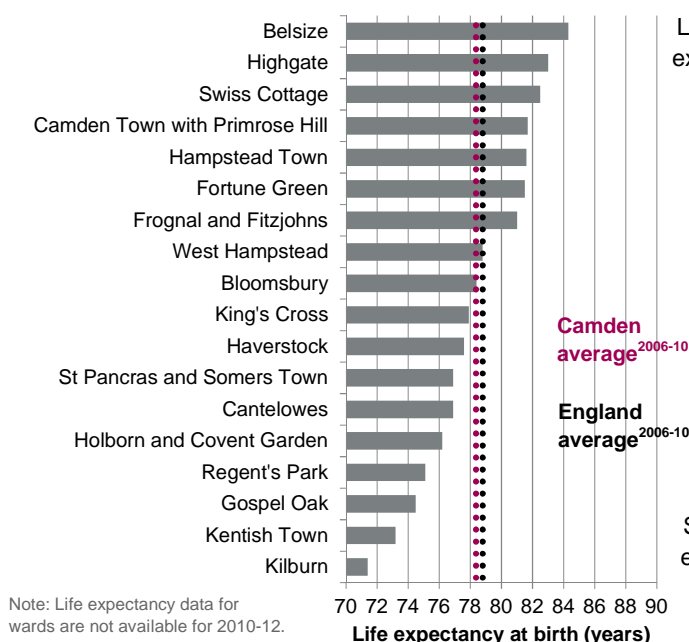
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

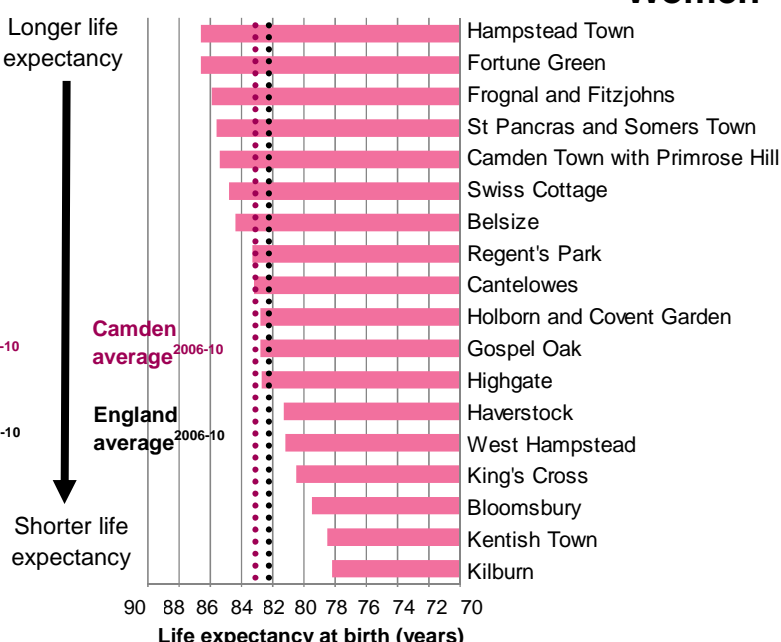
Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.



#### Men<sup>2006-10</sup>



#### Women



About **50** Hampstead Town residents die each year<sup>2009-11</sup>.

**40%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Hampstead Town<sup>2006-10</sup>.

Since 2002-06, life expectancy has **not changed** for men and **increased by 2 years** for women in Hampstead Town.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.



# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

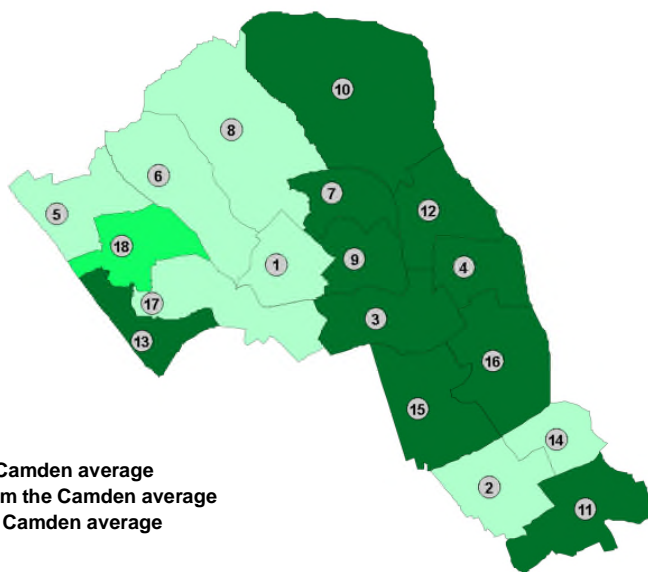
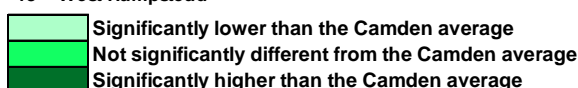
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,170

smokers in Hampstead  
Town ward<sup>2012</sup>.

30

Hampstead Town residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

5

Hampstead Town residents  
die  
from lung cancer or  
COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

15

Hampstead Town residents  
die  
from heart disease each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**850 (10%)**

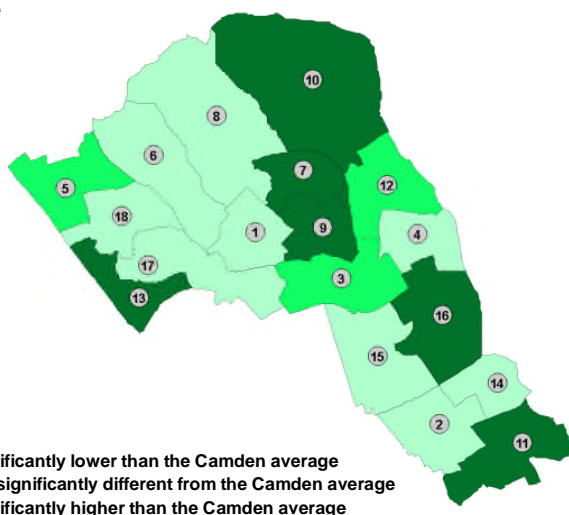
Hampstead Town residents are **obese**, compared to **13%** of Camden's population.

**2,250 (28%)**

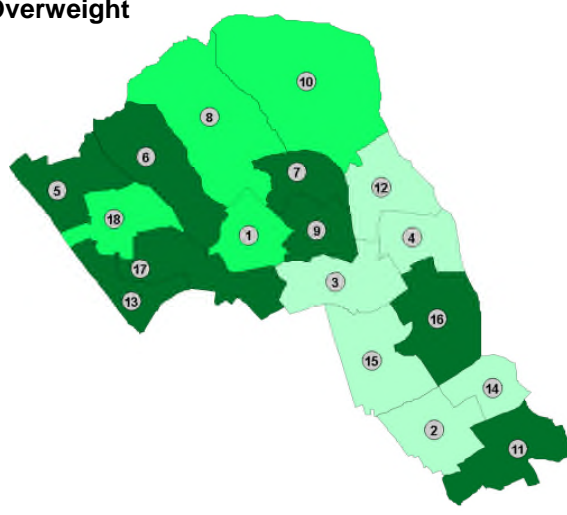
Hampstead Town residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green

- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate

- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park

- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

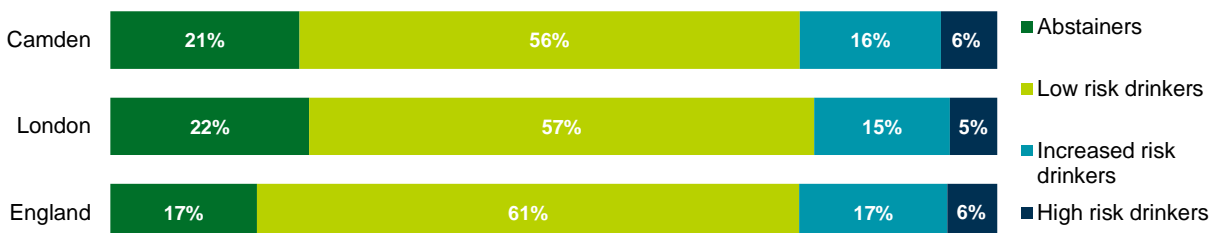
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

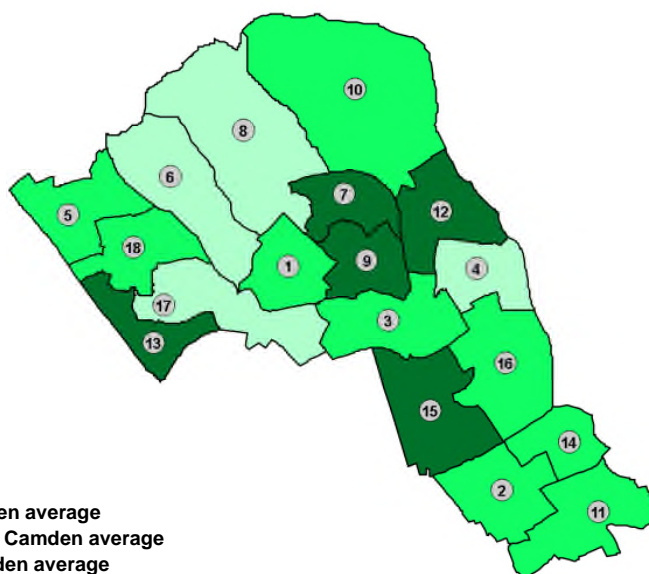
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



There were approximately

**80**

alcohol-related admissions in Hampstead Town<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in Hampstead Town<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Hampstead Town<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,820	9.9%	2,110	11.5%	3,920	21.4%
Heart disease	360	2.0%	260	1.4%	620	3.4%
Diabetes	430	2.9%	790	5.4%	1,220	8.4%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**360**

people have had an NHS Health Check in  
Hampstead Town GP practices<sup>2012/13</sup>.

**870**

people have been offered an NHS Health Check in  
Hampstead Town GP practices<sup>2012/13</sup>.

**6,330**

people are eligible for an NHS Health Check in  
Hampstead Town GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**150 (2%)**

Hampstead Town residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

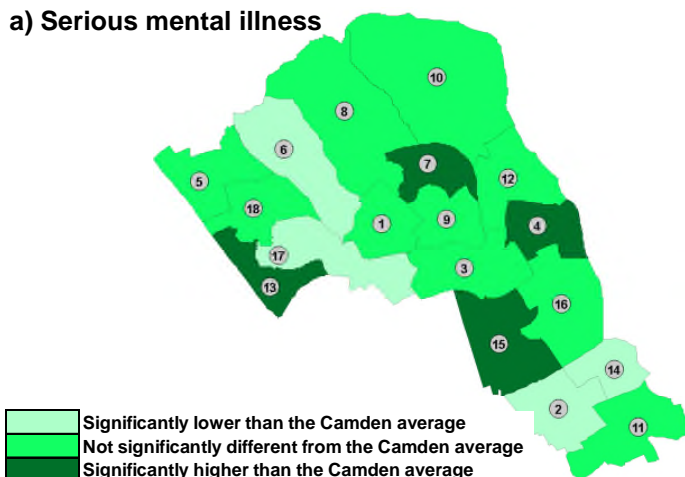
Residents in Hampstead Town are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**950 (11%)**

Hampstead Town residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

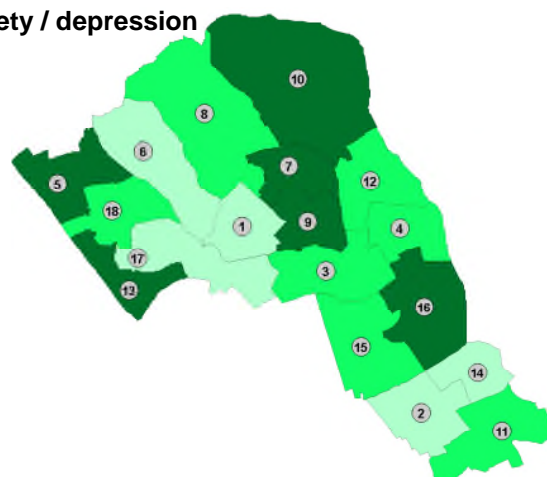
Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

b) Anxiety / depression



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

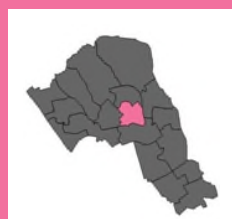
## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)





# HEALTH & WELLBEING

## Haverstock

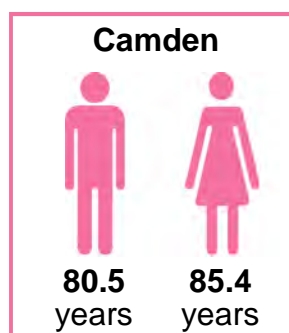
November 2013

## Life expectancy

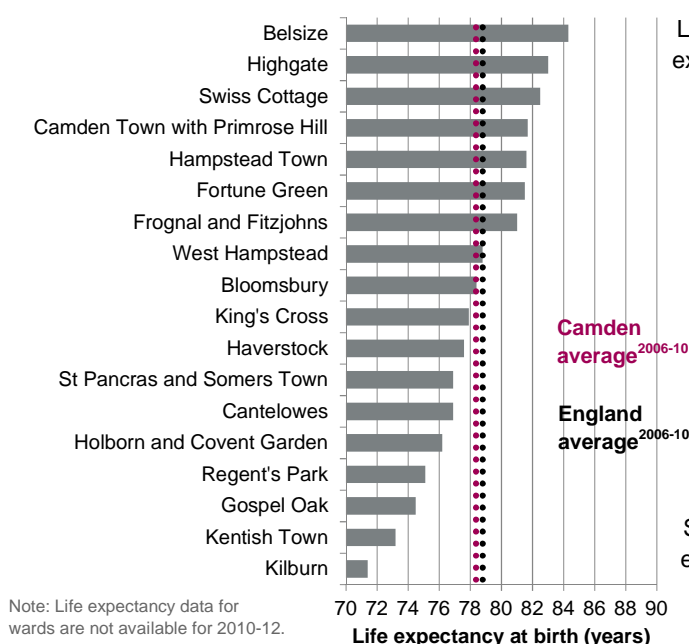
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

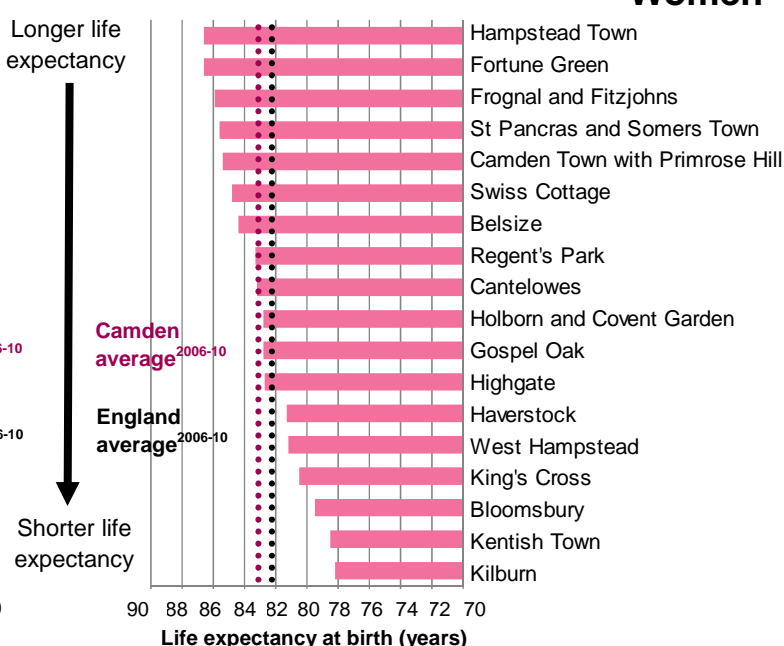
Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.



#### Men<sup>2006-10</sup>



#### Women



About **60** Haverstock residents die each year<sup>2009-11</sup>.

**42%**

of these are aged **under 75 years**.

**Heart disease** is the main cause of death in Haverstock<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 4 years** for men and **not changed** for women in Haverstock.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

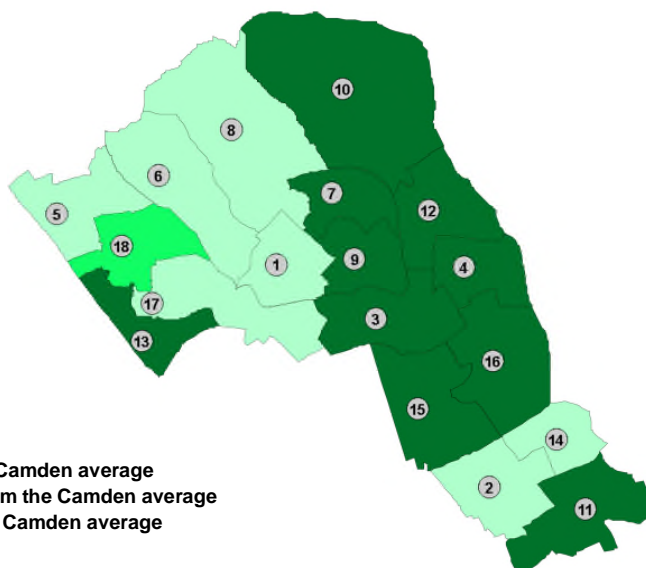
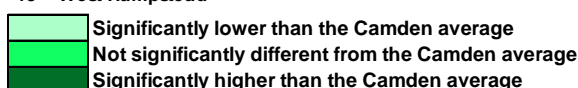
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**2,620**

smokers in Haverstock ward<sup>2012</sup>.

**90**

Haverstock residents quit smoking for at least four weeks<sup>2012/13</sup>.

**10**

Haverstock residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**20**

Haverstock residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,520 (17%)**

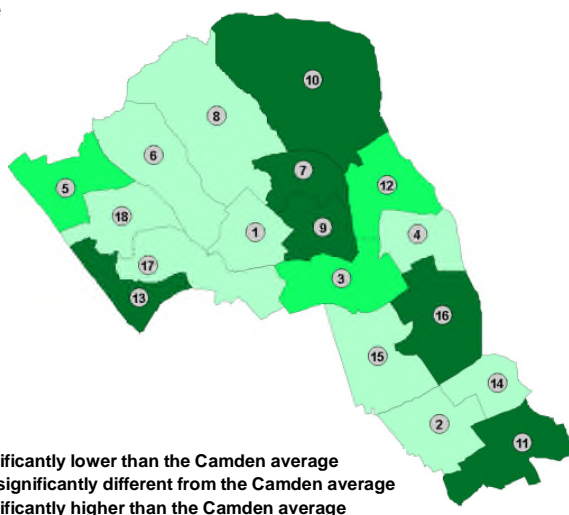
Haverstock residents are **obese**, compared to **13%** of Camden's population.

**2,580 (28%)**

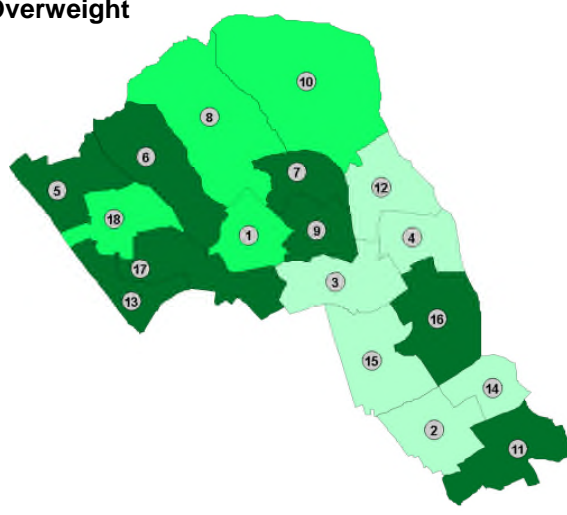
Haverstock residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

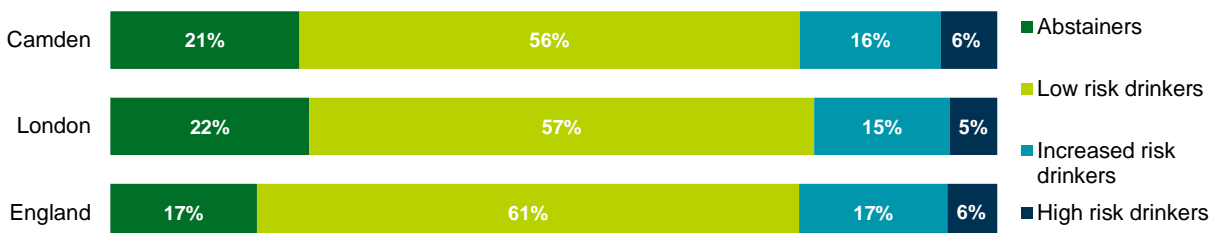
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

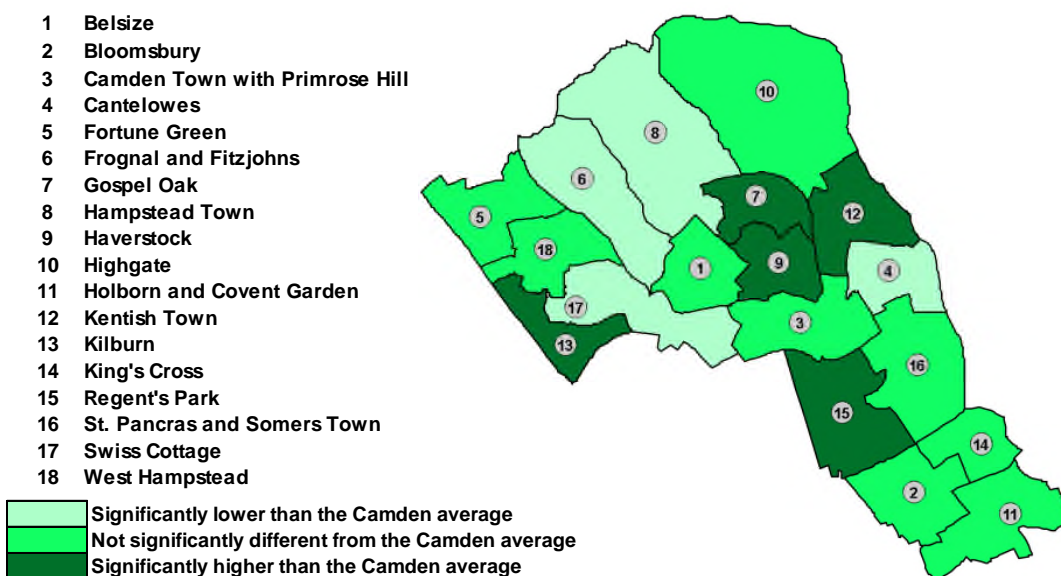
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**130**

alcohol-related admissions in Haverstock<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in Haverstock<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Haverstock<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,400	12.3%	1,130	9.9%	2,530	22.2%
Heart disease	270	2.3%	260	2.3%	530	4.7%
Diabetes	550	5.8%	330	3.5%	880	9.3%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

0

people have had an NHS Health Check in Haverstock GP practices<sup>2012/13</sup>.

0

people have been offered an NHS Health Check in Haverstock GP practices<sup>2012/13</sup>.

2,870

people are eligible for an NHS Health Check in Haverstock GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)



# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**200 (2%)**

Haverstock residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

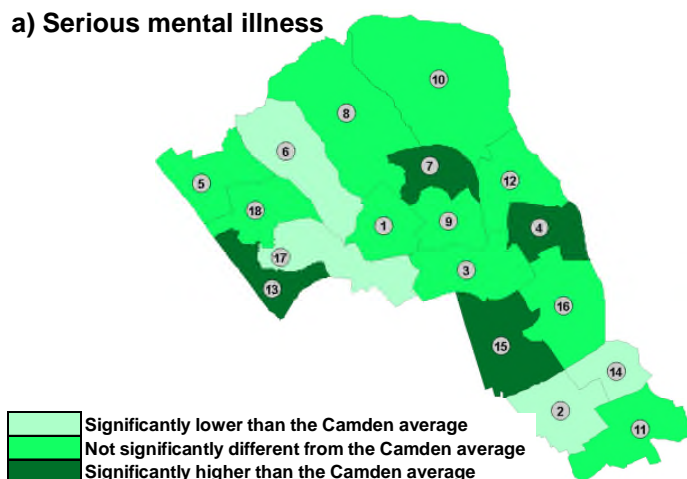
Residents in Haverstock are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,410 (13%)**

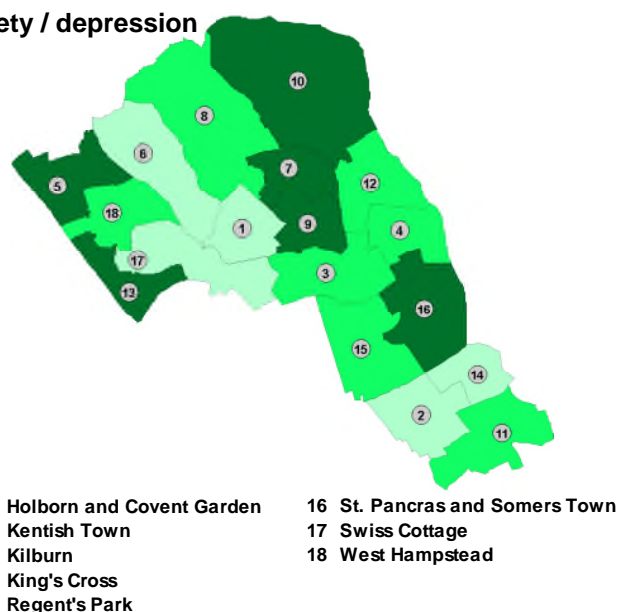
Haverstock residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

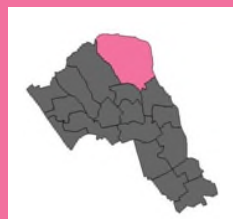
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Highgate

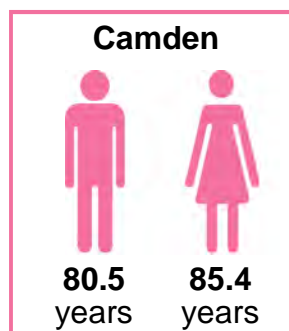
November 2013

## Life expectancy

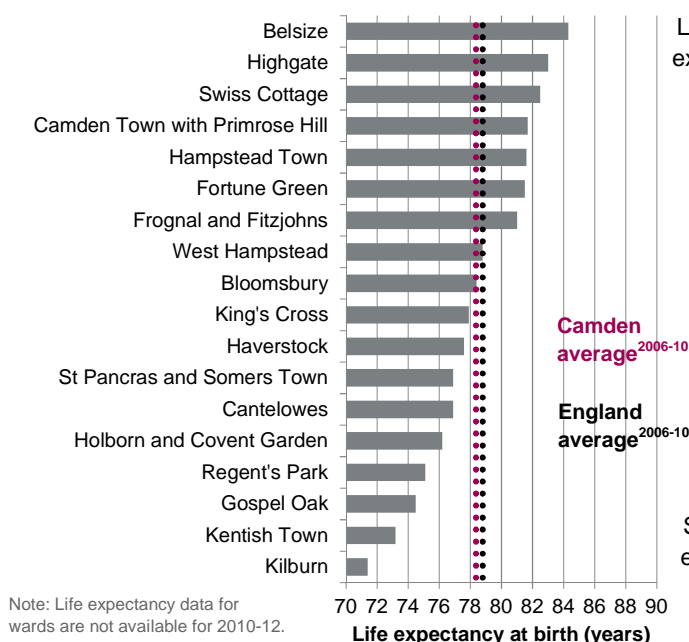
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

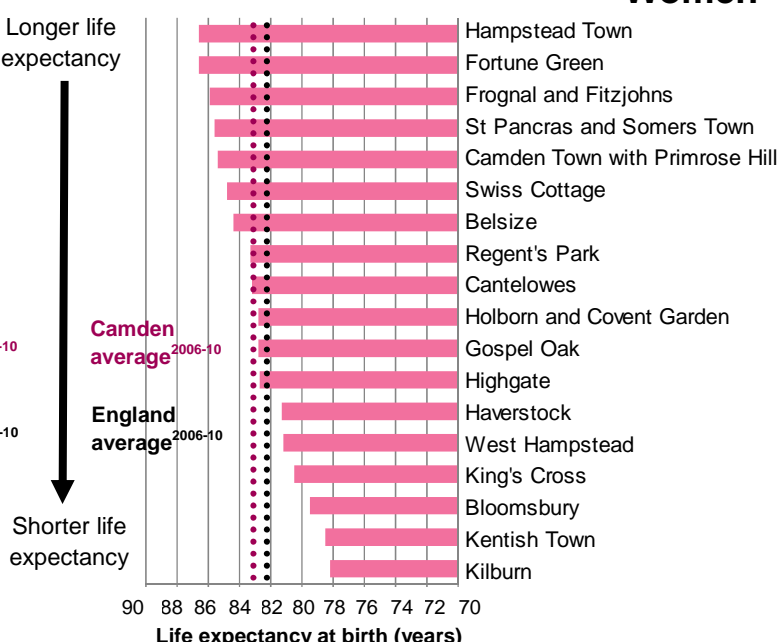


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **50** Highgate residents die each year<sup>2009-11</sup>.

**36%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Highgate<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 4 years** for men and **not changed** for women in Highgate.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

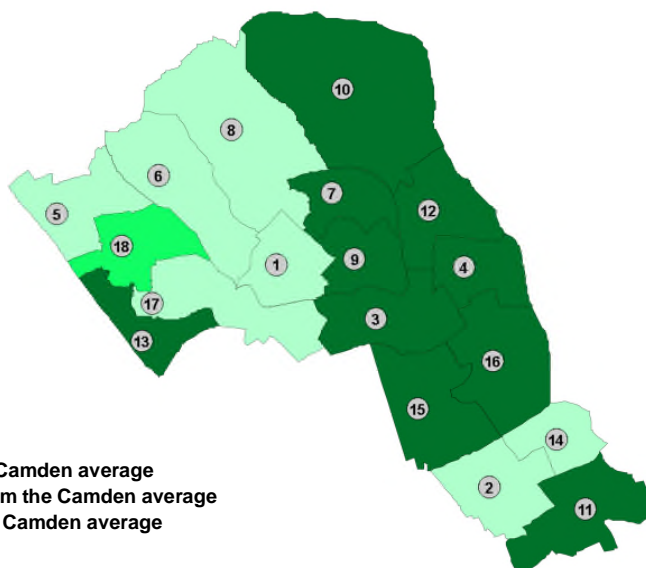
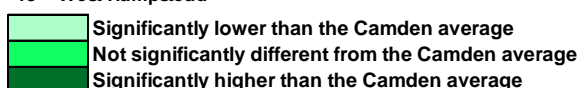
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**1,520**  
smokers in Highgate  
ward<sup>2012</sup>.

**30**  
Highgate residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
Highgate residents die  
from lung cancer or  
COPD\* each year<sup>2010-12</sup>.  
\*Chronic Obstructive Pulmonary Disease

**15**  
Highgate residents die  
from heart disease each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**950 (15%)**

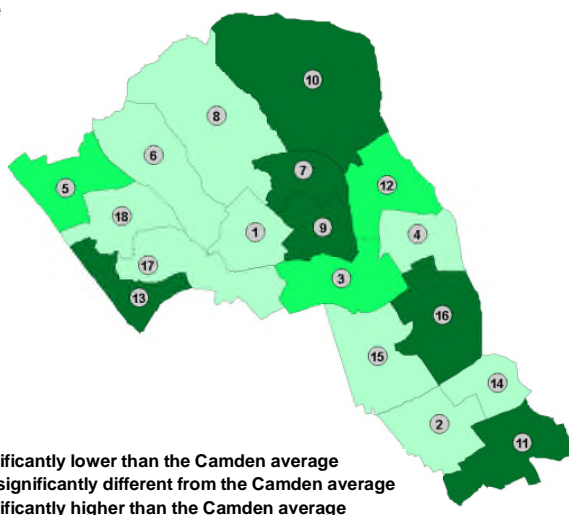
Highgate residents are **obese**, compared to **13%** of Camden's population.

**1,720 (28%)**

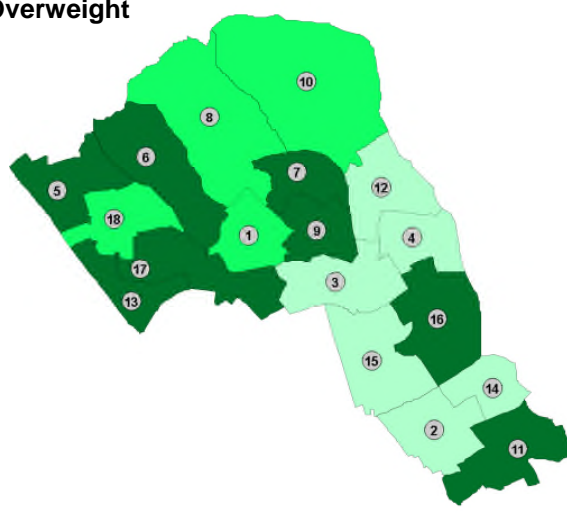
Highgate residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
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- |                              |                                |
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| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
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| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

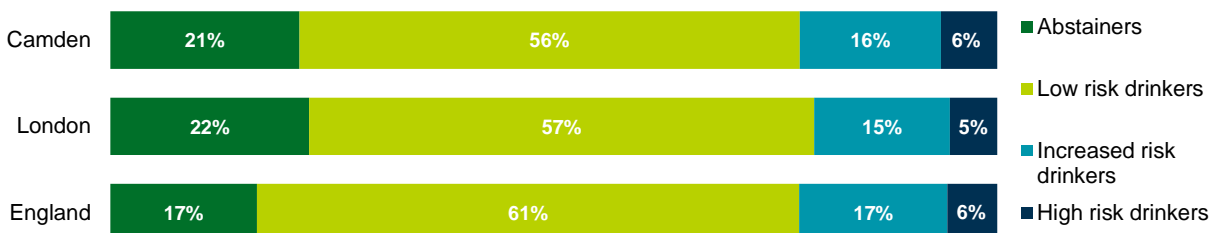
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

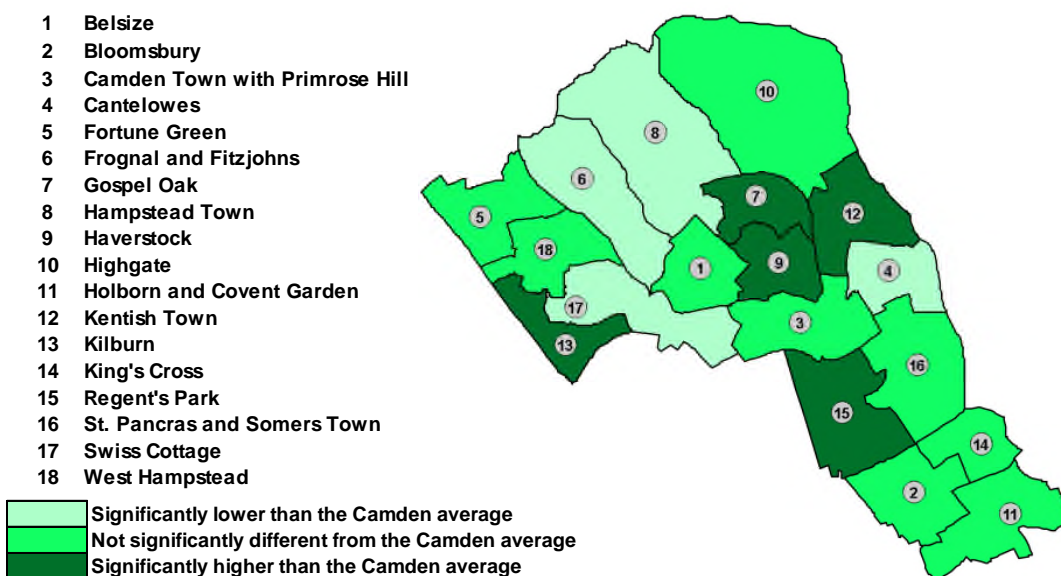
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**110**

alcohol-related admissions in Highgate<sup>2011/12</sup>.

**Mental and behavioural disorders** are the most common causes of alcohol-related admissions in Highgate<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)



# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Highgate<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	820	9.3%	1,130	12.8%	1,950	22.1%
Heart disease	170	1.9%	160	1.8%	330	3.7%
Diabetes	270	3.7%	270	3.7%	540	7.5%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**190**

people have had an NHS Health Check in Highgate GP practices<sup>2012/13</sup>.

**850**

people have been offered an NHS Health Check in Highgate GP practices<sup>2012/13</sup>.

**2,850**

people are eligible for an NHS Health Check in Highgate GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**130 (2%)**

Highgate residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

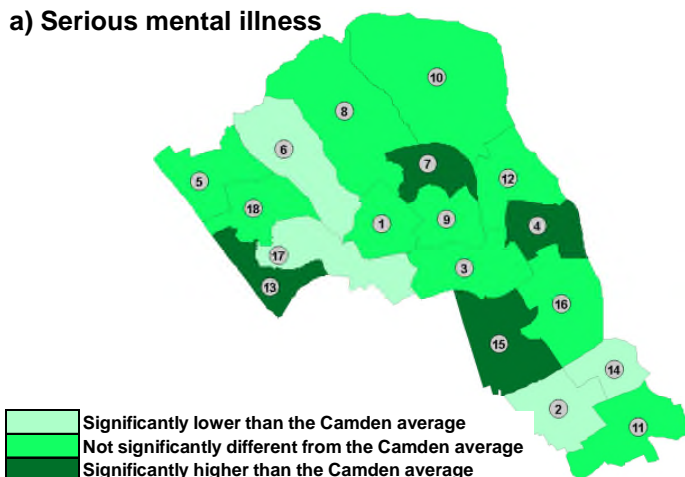
Residents in Highgate are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**840 (12%)**

Highgate residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

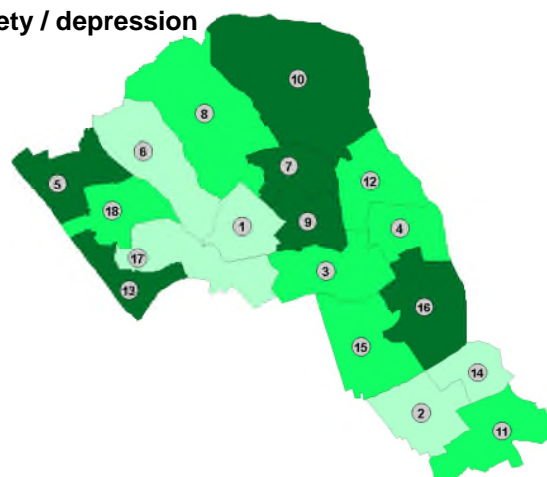
Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

b) Anxiety / depression



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

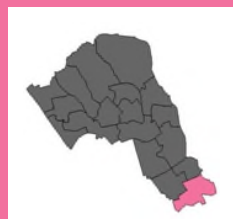
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- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Holborn and Covent Garden

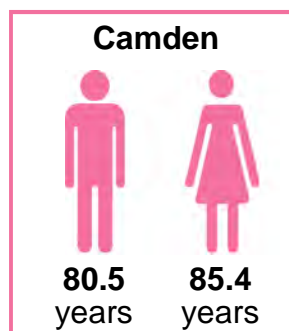
November 2013

## Life expectancy

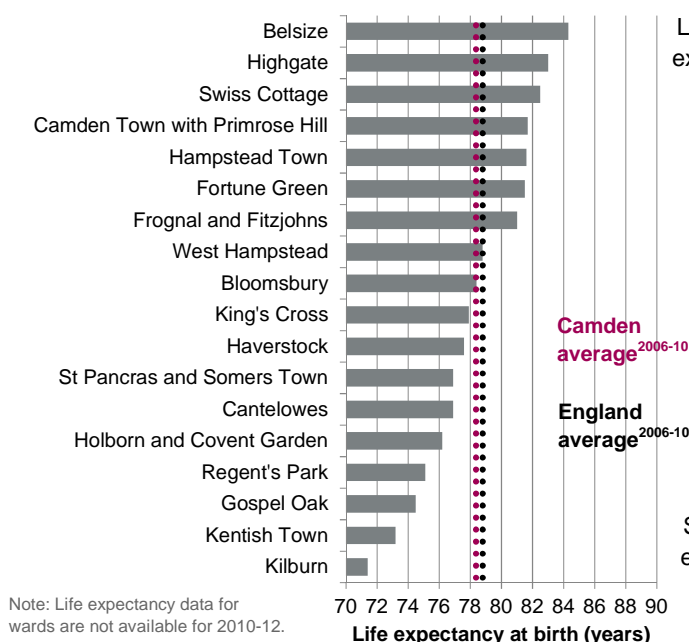
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

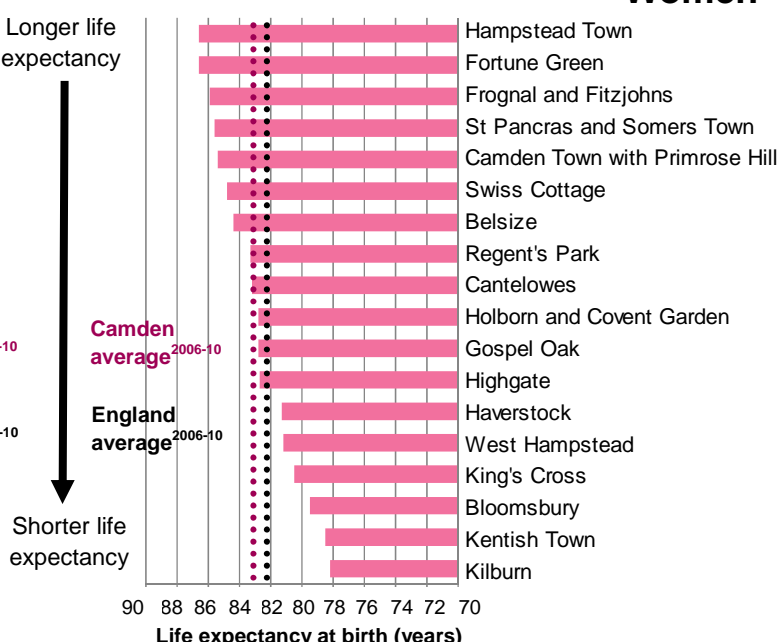


### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

### Women



About **40** Holborn and Covent Garden residents die each year<sup>2009-11</sup>.

**49%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Holborn and Covent Garden<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 4 years** for men and **by 2 years** for women in Holborn and Covent Garden.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

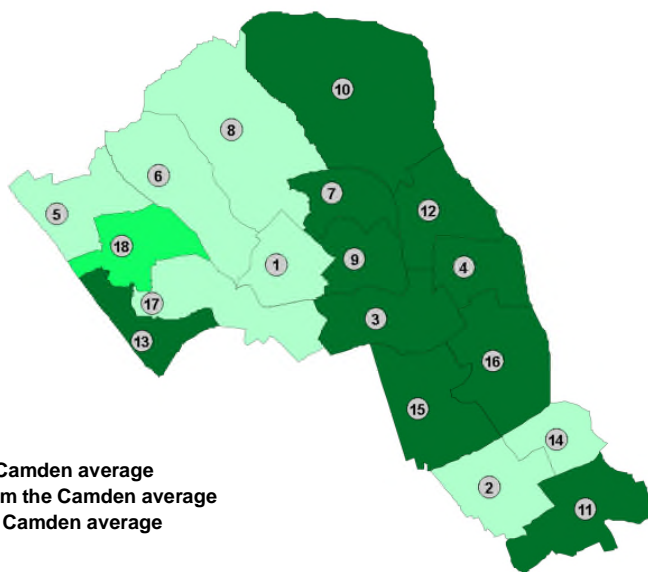
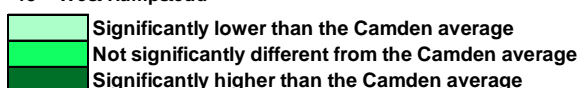
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,650

smokers in Holborn and Covent Garden ward<sup>2012</sup>.

70

Holborn and Covent Garden residents

quit smoking for at least four weeks<sup>2012/13</sup>.

5

Holborn and Covent Garden residents die

from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

15

Holborn and Covent Garden residents die

from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**920 (15%)**

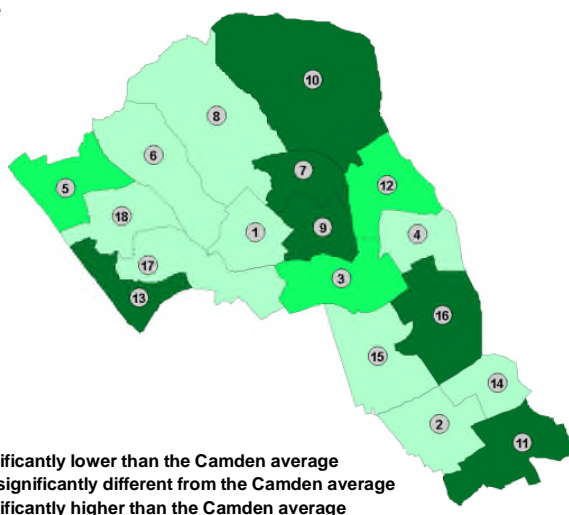
Holborn and Covent Garden residents are **obese**, compared to **13%** of Camden's population.

**1,830 (29%)**

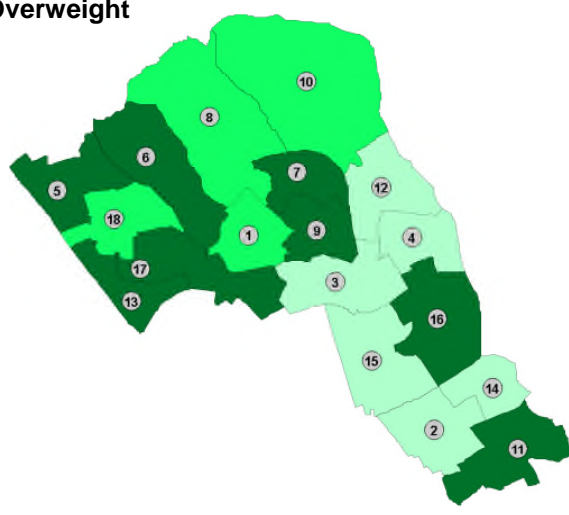
Holborn and Covent Garden residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

020 7527 8770

[aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)



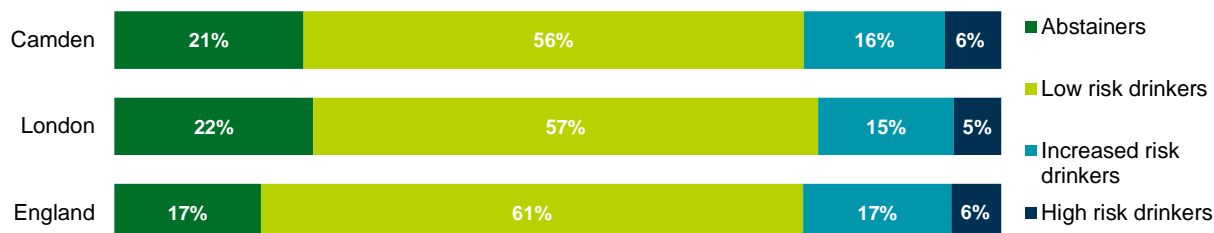
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

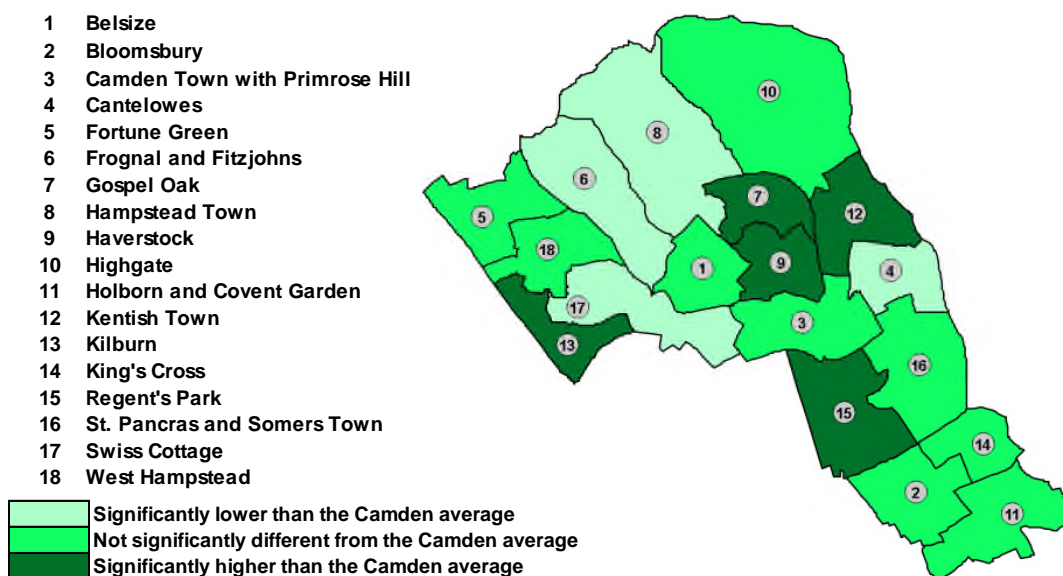
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately **90** alcohol-related admissions in Holborn and Covent Garden<sup>2011/12</sup>.

**Mental and behavioural disorders** are the most common causes of alcohol-related admissions in Holborn and Covent Garden<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)  
☎ 020 7527 1210  
✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Holborn and Covent Garden<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,040	5.9%	1,870	10.7%	2,900	16.7%
Heart disease	220	2.1%	200	1.2%	420	2.4%
Diabetes	480	2.9%	560	3.4%	1,040	6.4%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**250**

people have had an NHS Health Check in  
Holborn and Covent Garden GP practices<sup>2012/13</sup>.

**300**

people have been offered an NHS Health Check in  
Holborn and Covent Garden GP practices<sup>2012/13</sup>.

**3,930**

people are eligible for an NHS Health Check in  
Holborn and Covent Garden GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**130 (2%)**

Holborn and Covent Garden residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

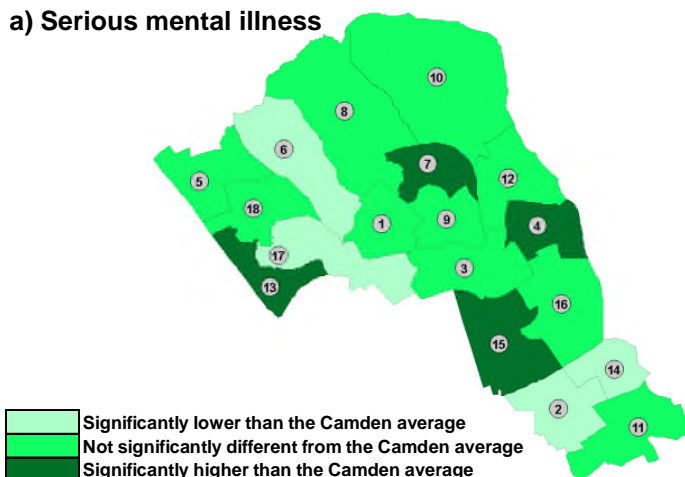
Residents in Holborn and Covent Garden are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**810 (11%)**

Holborn and Covent Garden residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

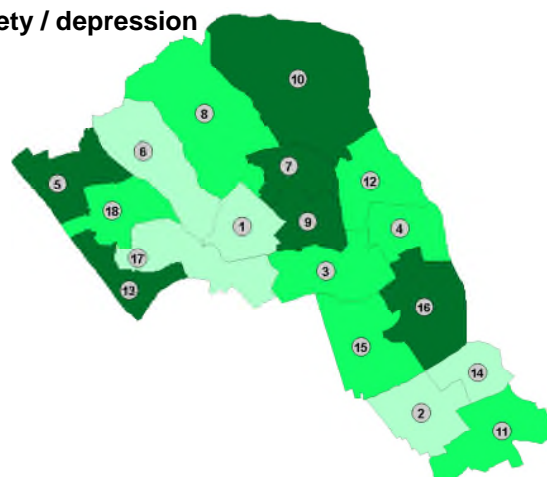
**Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012**

**a) Serious mental illness**



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

**b) Anxiety / depression**



- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change campaign** and promote anti-stigma messages.

## Where people can get support

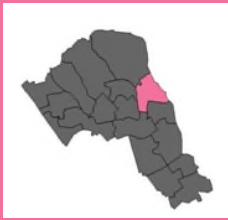
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

☎ 020 7527 8767

✉ [jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Kentish Town

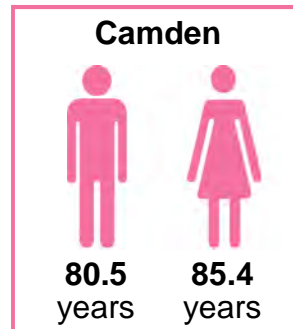
November 2013

## Life expectancy

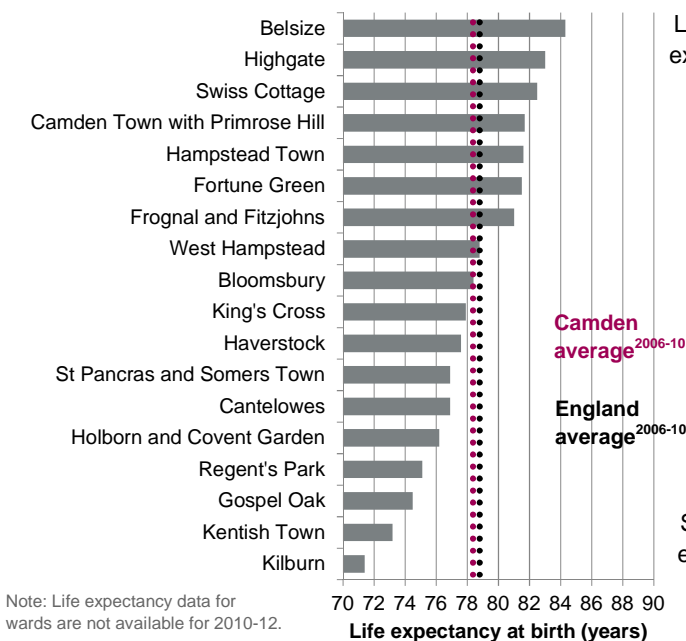
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

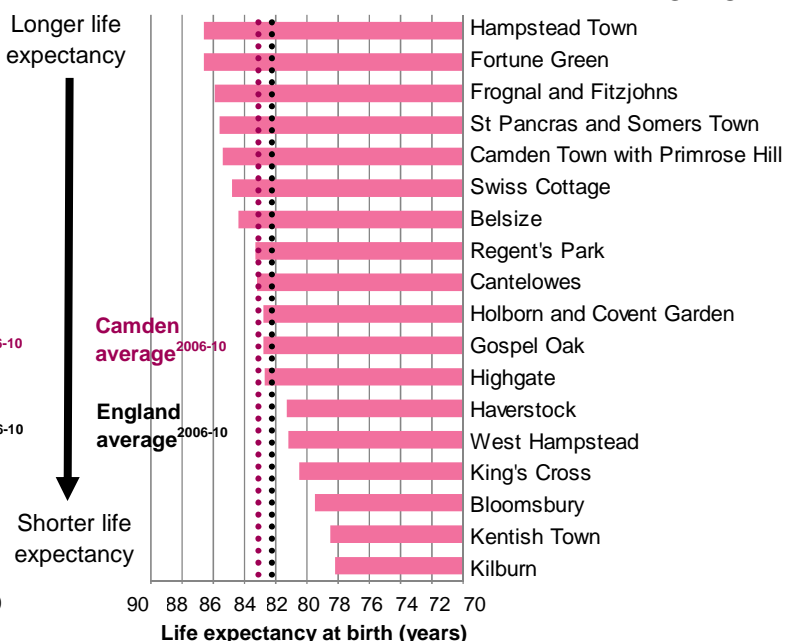


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **70** Kentish Town residents die each year<sup>2009-11</sup>.

**42%**

of these are aged **under 75 years**.

**Heart disease** is the main cause of death in Kentish Town<sup>2006-10</sup>.

Since 2002-06, life expectancy has **not changed** for men and **increased by 2 years** for women in Kentish Town.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

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# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

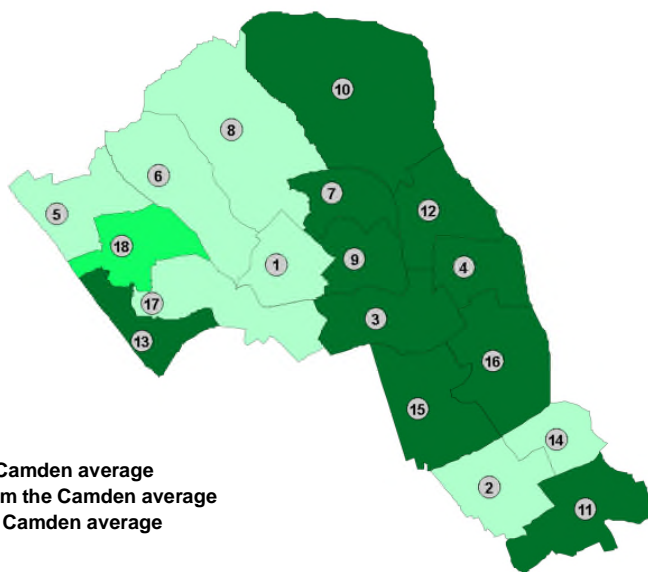
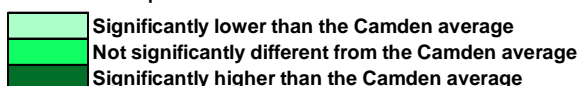
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
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- 12 Kentish Town
- 13 Kilburn
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- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



2,630

smokers in Kentish Town ward<sup>2012</sup>.

70

Kentish Town residents quit smoking for at least four weeks<sup>2012/13</sup>.

10

Kentish Town residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

20

Kentish Town residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)



# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,190 (13%)**

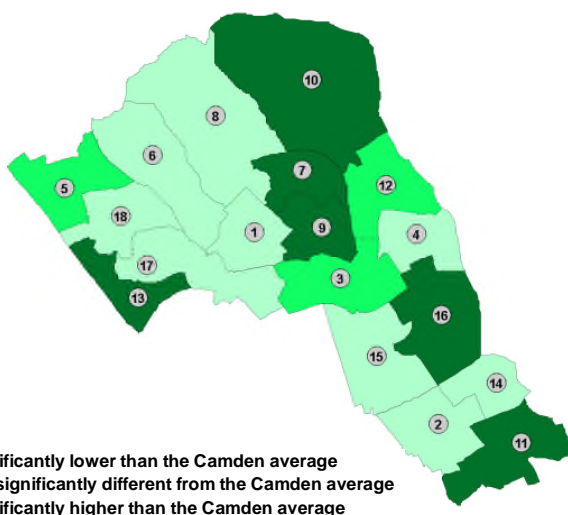
Kentish Town residents are **obese**, compared to **13%** of Camden's population.

**2,270 (25%)**

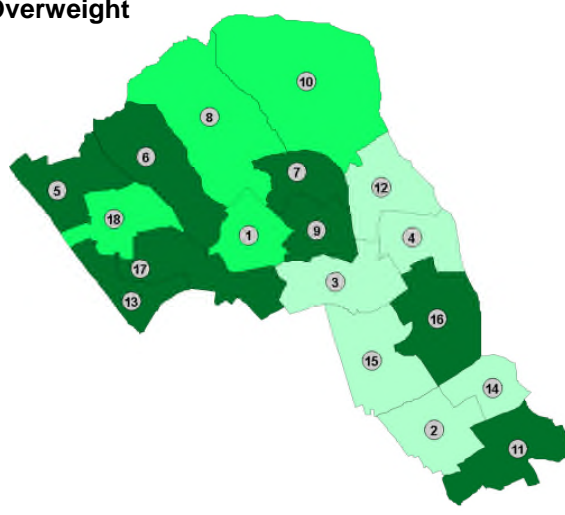
Kentish Town residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
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| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

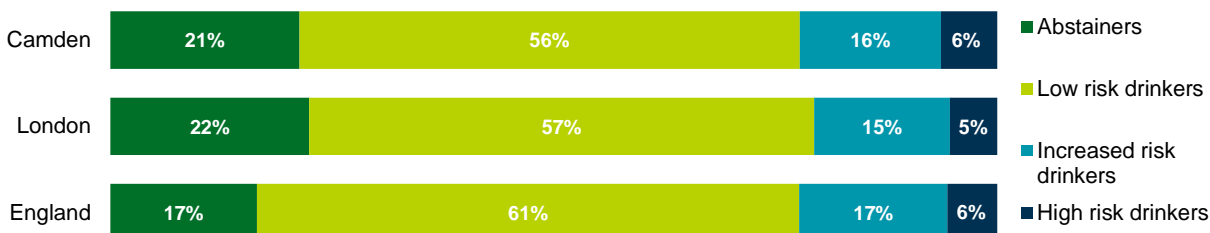
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

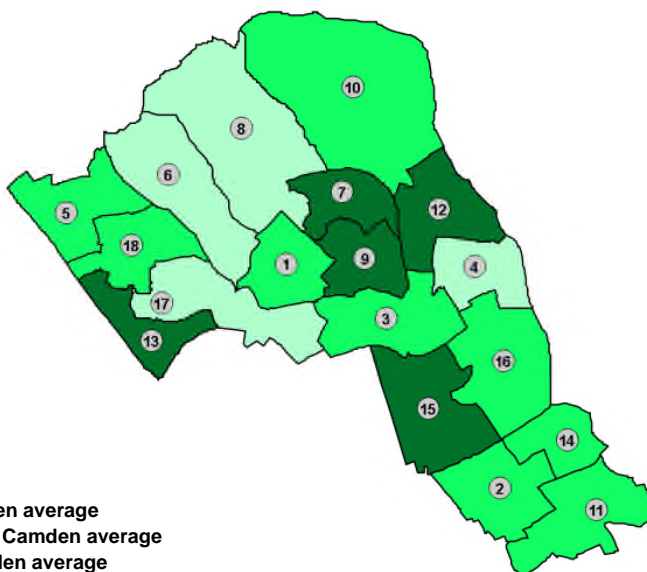
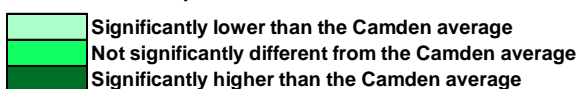
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
- 2 Bloomsbury
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- 17 Swiss Cottage
- 18 West Hampstead



There were approximately

**140**

alcohol-related admissions  
in Kentish Town<sup>2011/12</sup>.

**Mental and  
behavioural disorders**  
are the most common  
causes of alcohol-related  
admissions in Kentish  
Town<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Kentish Town<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	970	6.9%	1,900	13.6%	2,870	20.6%
Heart disease	220	1.6%	240	1.7%	460	3.3%
Diabetes	470	4.1%	440	3.8%	920	7.9%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**120**

people have had an NHS Health Check in Kentish Town GP practices<sup>2012/13</sup>.

**1,060**

people have been offered an NHS Health Check in Kentish Town GP practices<sup>2012/13</sup>.

**4,030**

people are eligible for an NHS Health Check in Kentish Town GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**180 (2%)**

Kentish Town residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

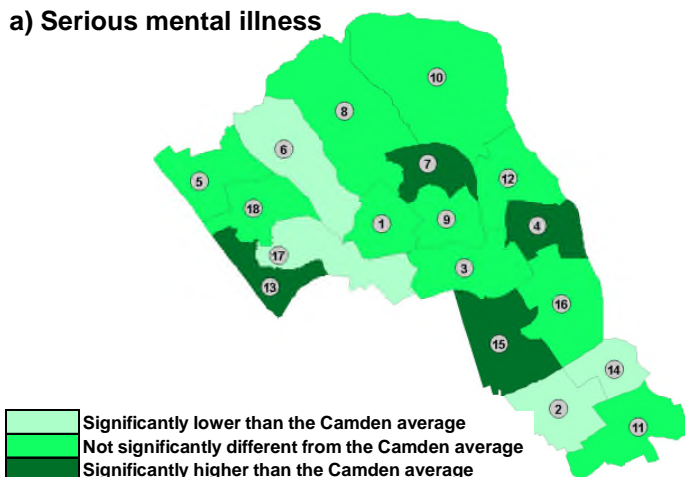
Residents in Kentish Town are likely to report **the same** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,150 (11%)**

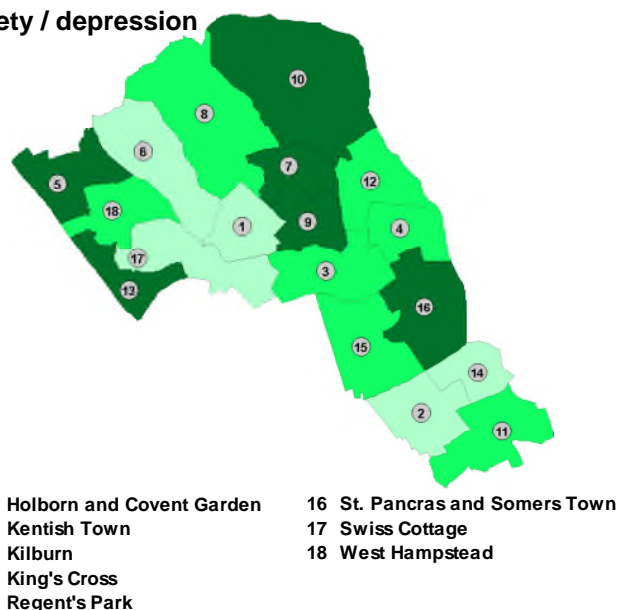
Kentish Town residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change campaign** and promote anti-stigma messages.

## Where people can get support

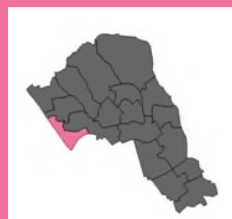
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Kilburn

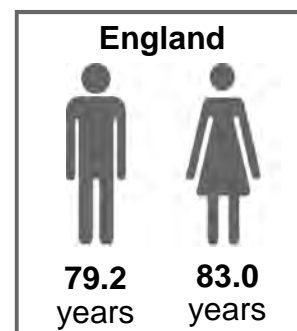
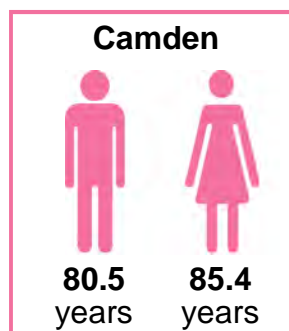
November 2013

## Life expectancy

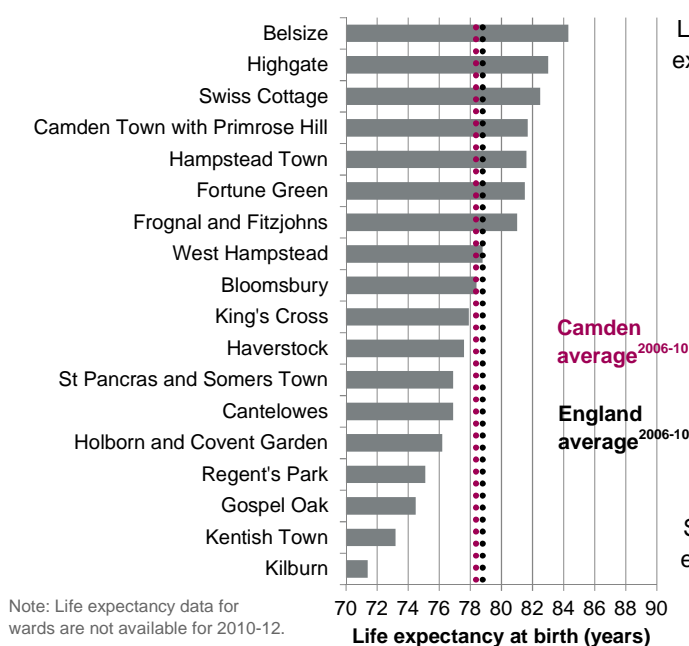
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

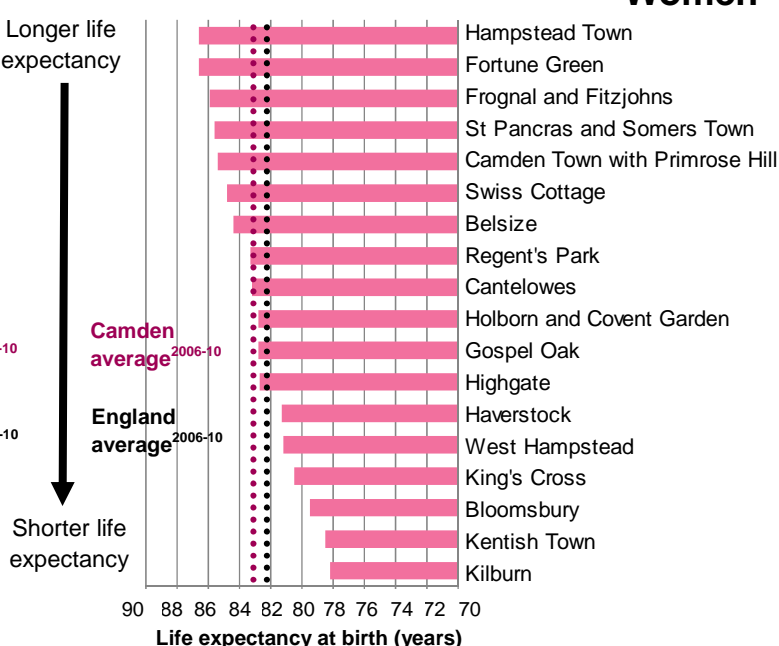


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **80** Kilburn residents die each year<sup>2009-11</sup>.

**38%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in Kilburn<sup>2006-10</sup>.

Since 2002-06, life expectancy has **decreased by 1 year** for men and **not changed** for women in Kilburn.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.



# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

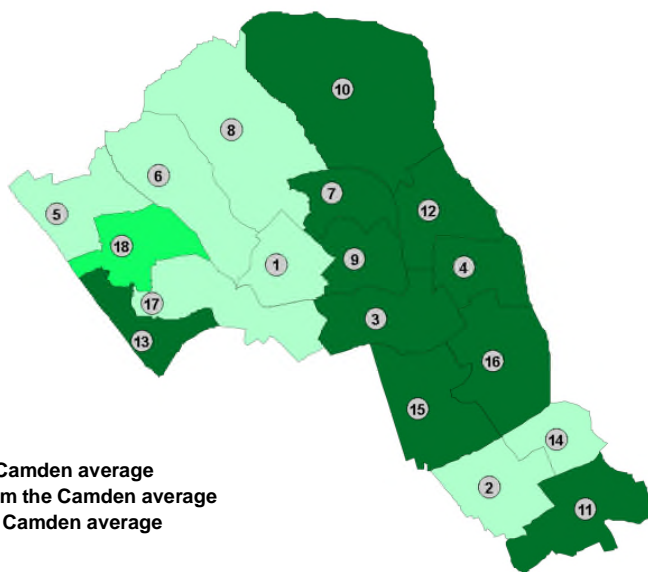
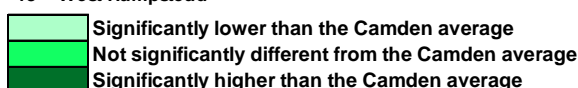
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



2,070

smokers in Kilburn ward<sup>2012</sup>.

50

Kilburn residents quit smoking for at least four weeks<sup>2012/13</sup>.

10

Kilburn residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

20

Kilburn residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,490 (18%)**

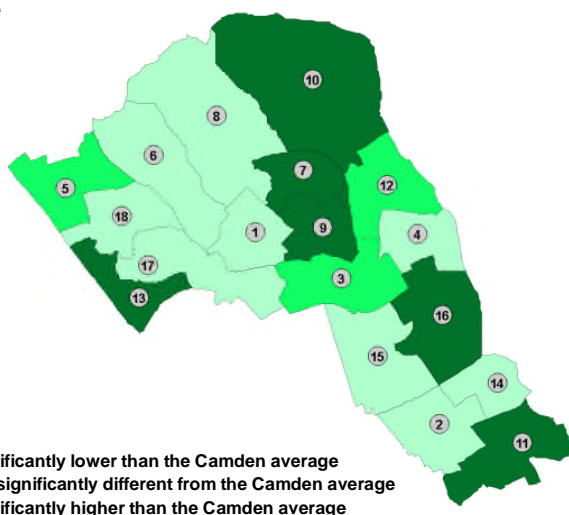
Kilburn residents are **obese**, compared to **13%** of Camden's population.

**2,580 (31%)**

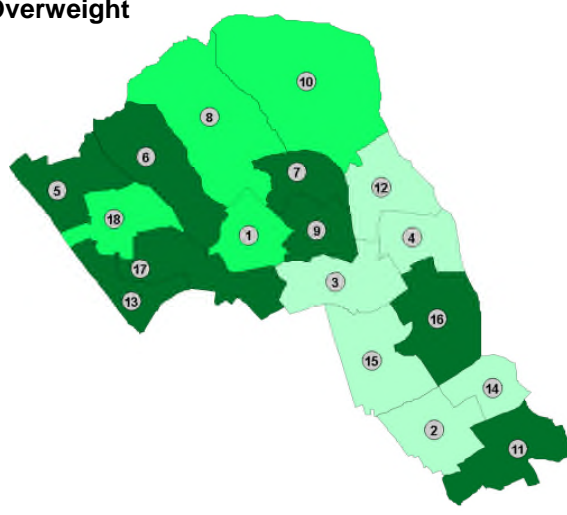
Kilburn residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

020 7527 8770

[aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

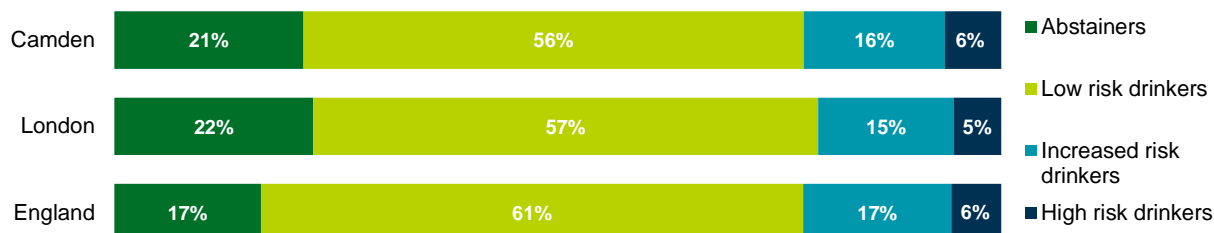
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

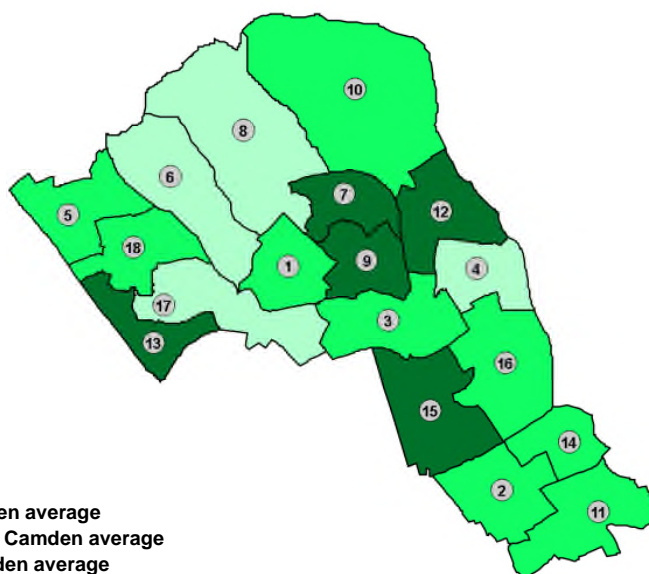
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Cantelowes
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



- Significantly lower than the Camden average
- Not significantly different from the Camden average
- Significantly higher than the Camden average

There were approximately

**120**

alcohol-related admissions in Kilburn<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in Kilburn<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Kilburn<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	3,450	10.9%	2,620	8.3%	6,070	19.2%
Heart disease	570	1.8%	300	1.0%	870	2.8%
Diabetes	1,200	4.6%	1,020	3.9%	2,220	8.5%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**940**

people have had an NHS Health Check in  
Kilburn GP practices<sup>2012/13</sup>.

**3,580**

people have been offered an NHS Health Check in  
Kilburn GP practices<sup>2012/13</sup>.

**7,400**

people are eligible for an NHS Health Check in  
Kilburn GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**190 (2%)**

Kilburn residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

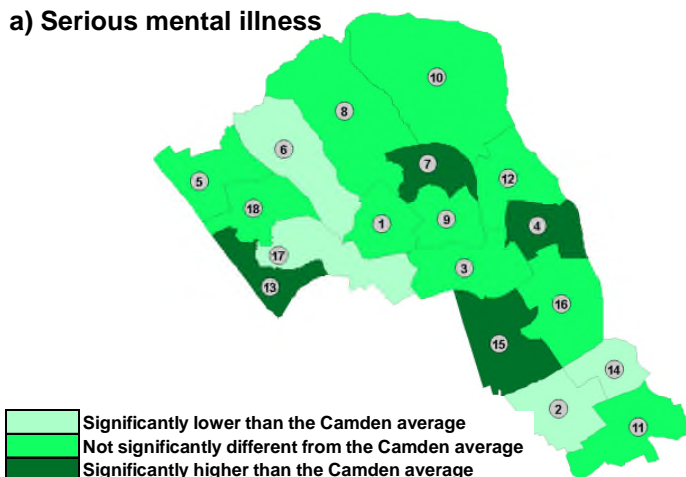
Residents in Kilburn are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,170 (13%)**

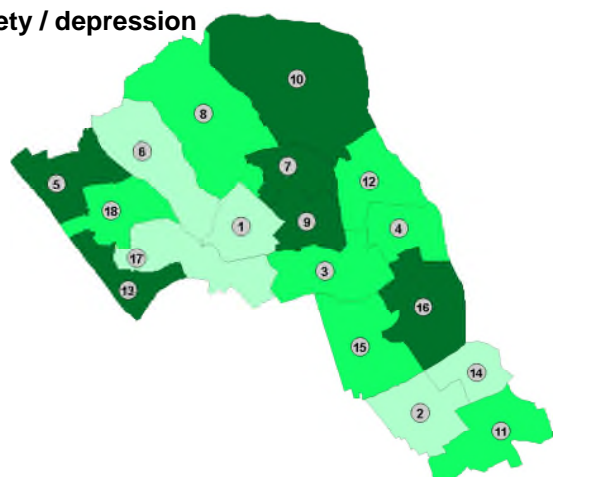
Kilburn residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
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| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
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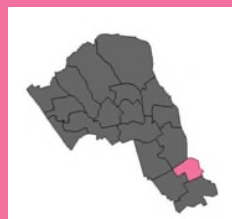
## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)





# HEALTH & WELLBEING

## King's Cross

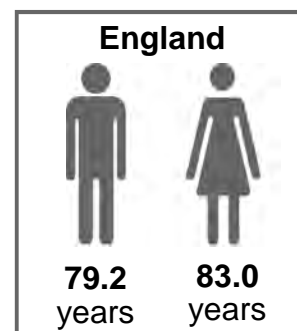
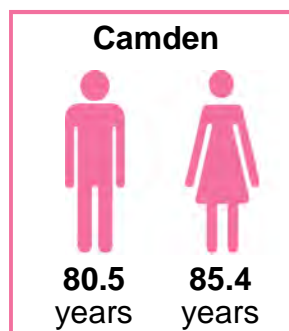
November 2013

## Life expectancy

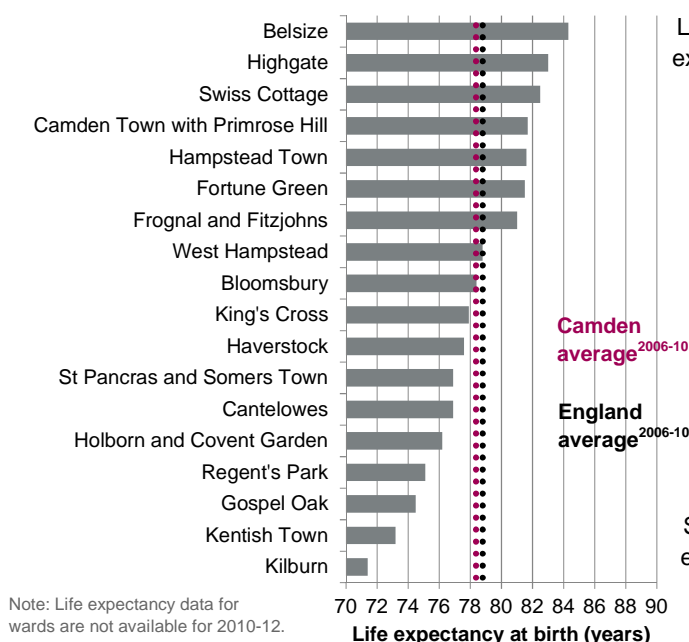
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

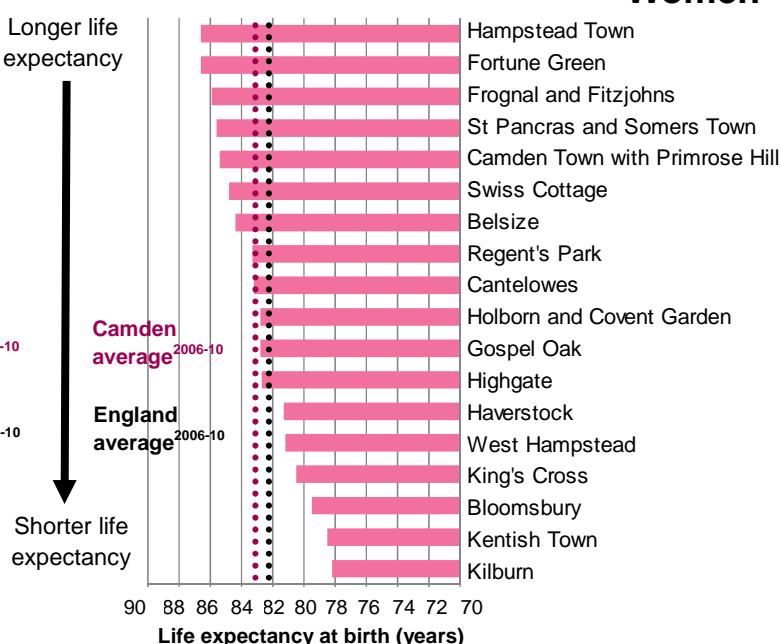
Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.



### Men<sup>2006-10</sup>



### Women



About **30** King's Cross residents die each year<sup>2009-11</sup>.

**57%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in King's Cross<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 4 years** for men and **decreased by 2 years** for women in King's Cross.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

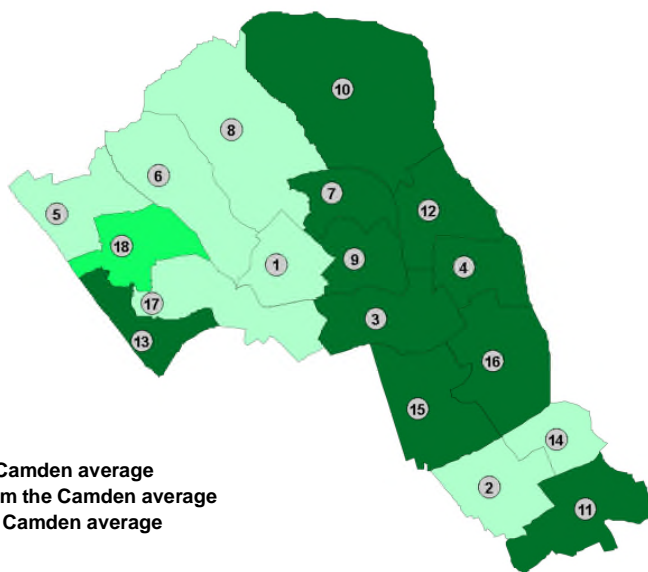
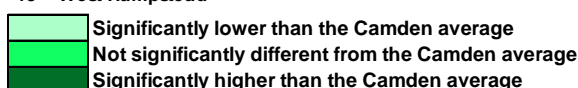
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**1,960**  
smokers in King's Cross  
ward<sup>2012</sup>.

**50**  
King's Cross residents  
quit smoking for at least  
four weeks<sup>2012/13</sup>.

**5**  
King's Cross residents die  
from lung cancer or  
COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**5**  
King's Cross residents die  
from heart disease each  
year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**740 (10%)**

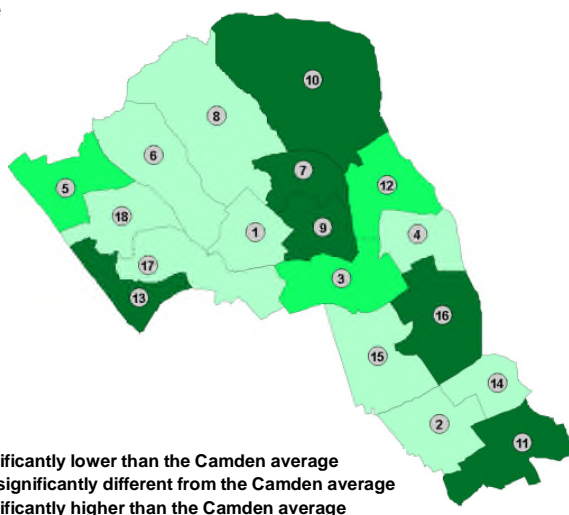
King's Cross residents are **obese**, compared to **13%** of Camden's population.

**1,740 (23%)**

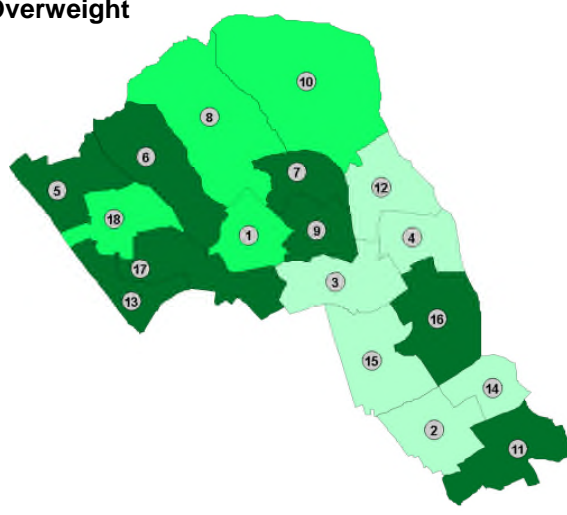
King's Cross residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Cantelowes                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

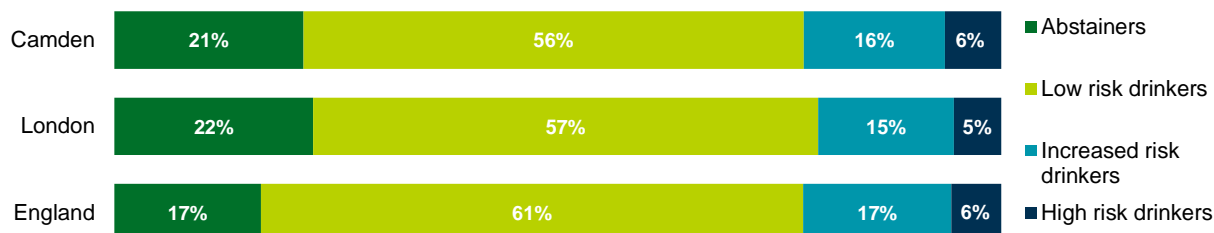
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

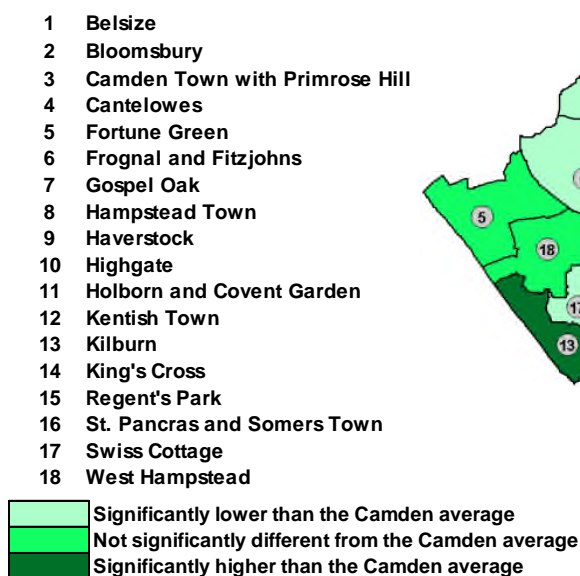
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**80**

alcohol-related admissions in King's Cross<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in King's Cross<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in King's Cross<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	580	8.8%	520	7.9%	1,110	16.7%
Heart disease	110	1.6%	70	1.0%	170	2.6%
Diabetes	340	6.5%	150	2.9%	490	9.4%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**120**

people have had an NHS Health Check in King's Cross GP practices<sup>2012/13</sup>.

**300**

people have been offered an NHS Health Check in King's Cross GP practices<sup>2012/13</sup>.

**1,400**

people are eligible for an NHS Health Check in King's Cross GP practices<sup>2012/13</sup>.

## What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

## Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

## Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)



# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**160 (1%)**

King's Cross residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

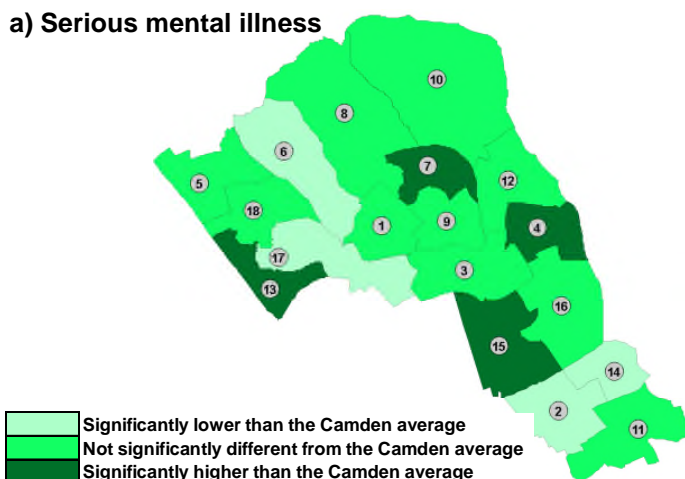
Residents in King's Cross are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**860 (7%)**

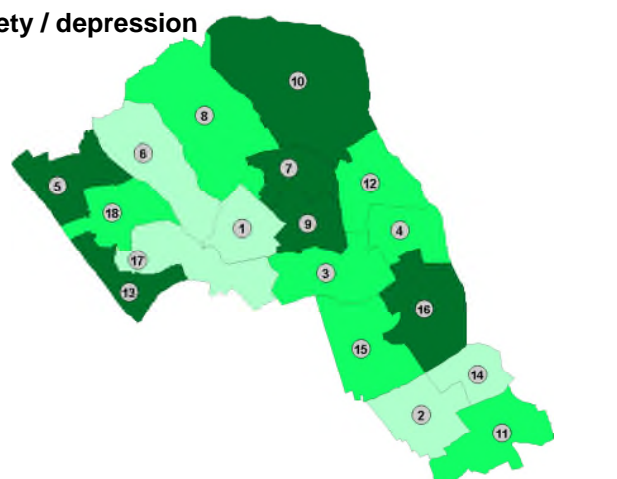
King's Cross residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

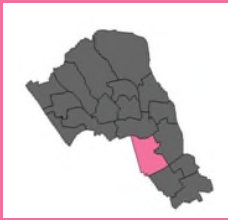
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Regent's Park

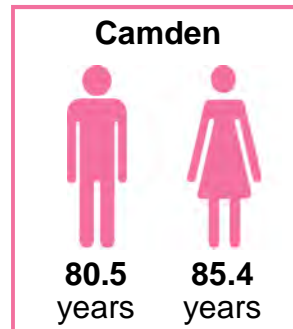
November 2013

## Life expectancy

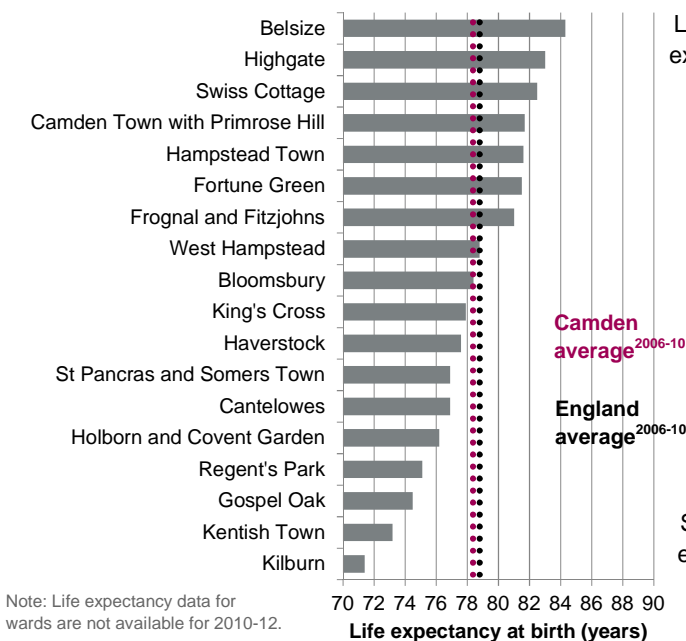
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

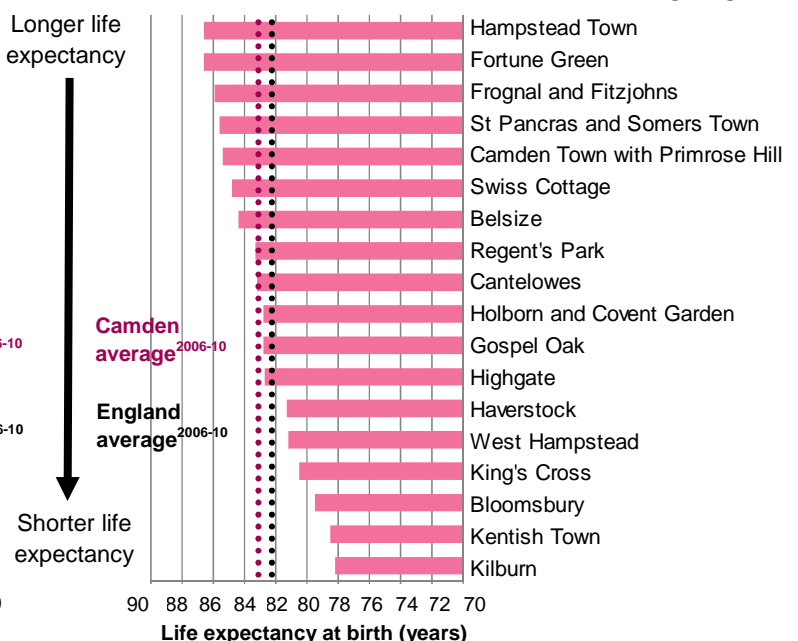


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **70** Regent's Park residents die each year<sup>2009-11</sup>.

**45%**

of these are aged **under 75 years**.

**Heart disease** is the main cause of death in Regent's Park<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 1 year** for men and **by 1 year** for women in Regent's Park.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

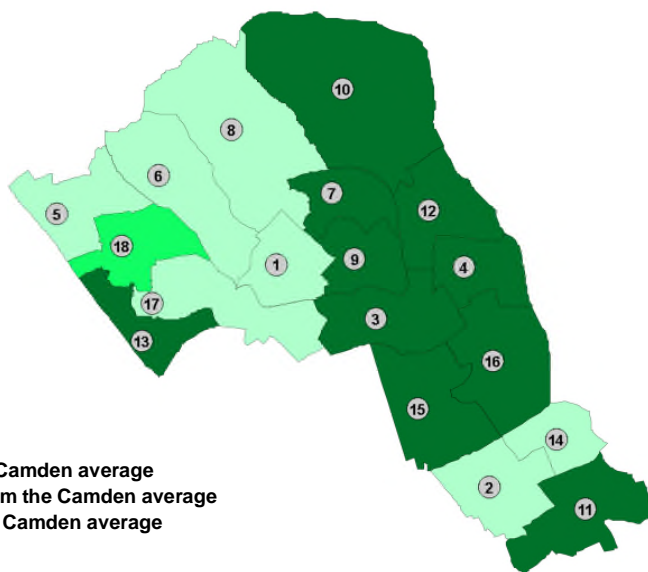
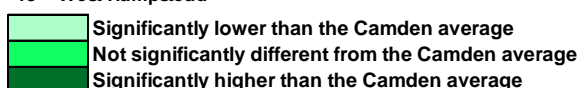
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,990

smokers in Regent's Park ward<sup>2012</sup>.

70

Regent's Park residents quit smoking for at least four weeks<sup>2012/13</sup>.

5

Regent's Park residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

20

Regent's Park residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**380 (11%)**

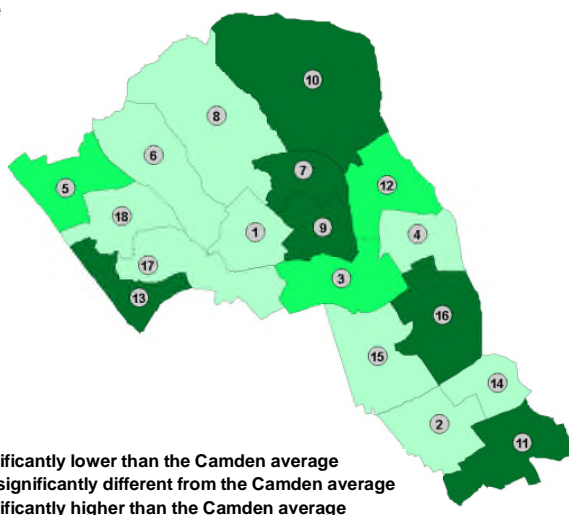
Regent's Park residents are **obese**, compared to **13%** of Camden's population.

**750 (22%)**

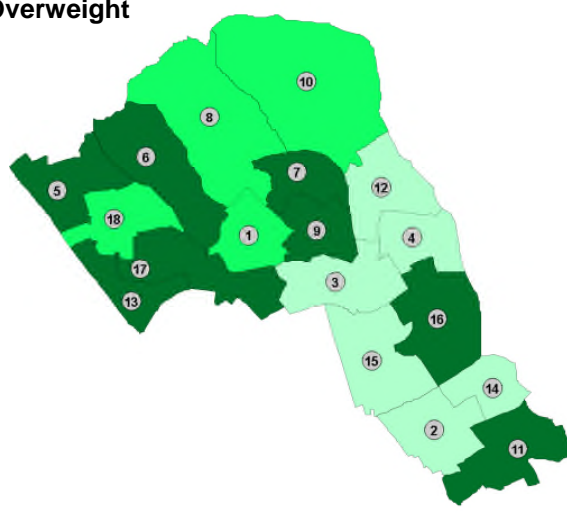
Regent's Park residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
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| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

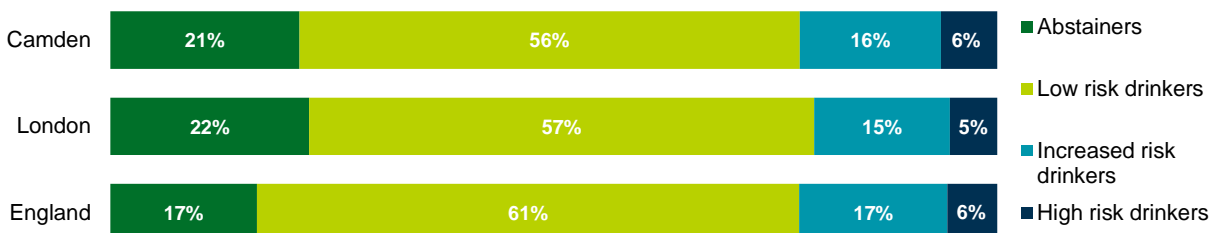
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

## Alcohol consumption

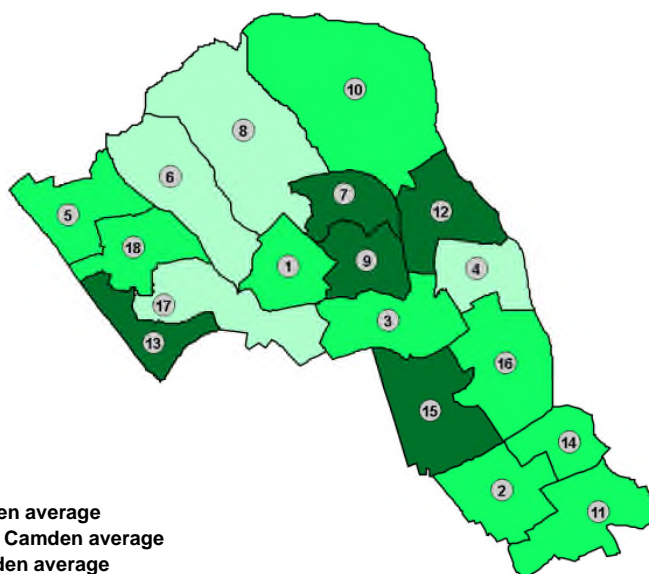
### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



- Significantly lower than the Camden average
- Not significantly different from the Camden average
- Significantly higher than the Camden average

There were approximately

**130**

alcohol-related admissions in Regent's Park<sup>2011/12</sup>.

### Hypertensive diseases

are the most common causes of alcohol-related admissions in Regent's Park<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)



# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Regent's Park<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	1,310	10.8%	1,290	10.6%	2,600	21.3%
Heart disease	280	2.3%	230	1.9%	510	4.2%
Diabetes	620	6.5%	350	3.6%	980	10.1%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**190**

people have had an NHS Health Check in Regent's Park GP practices<sup>2012/13</sup>.

**470**

people have been offered an NHS Health Check in Regent's Park GP practices<sup>2012/13</sup>.

**3,090**

people are eligible for an NHS Health Check in Regent's Park GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**190 (2%)**

Regent's Park residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

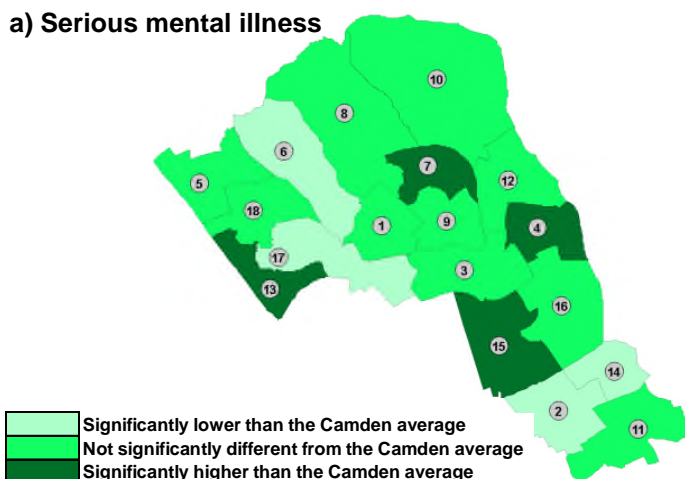
Residents in Regent's Park are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,050 (11%)**

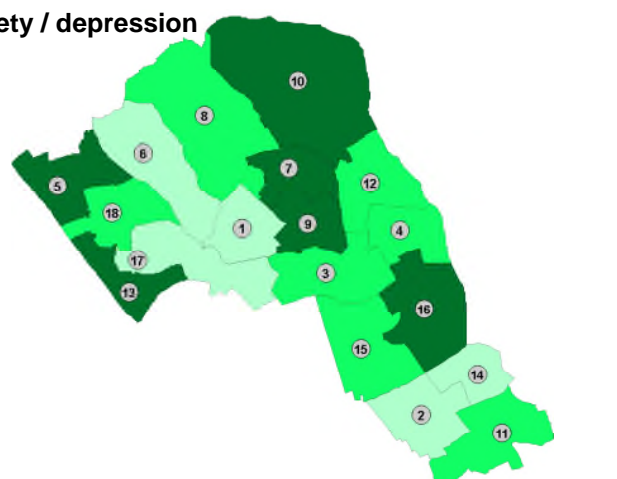
Regent's Park residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

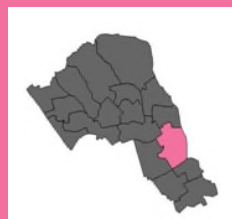
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## St Pancras and Somers Town

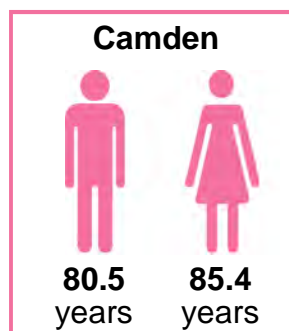
November 2013

## Life expectancy

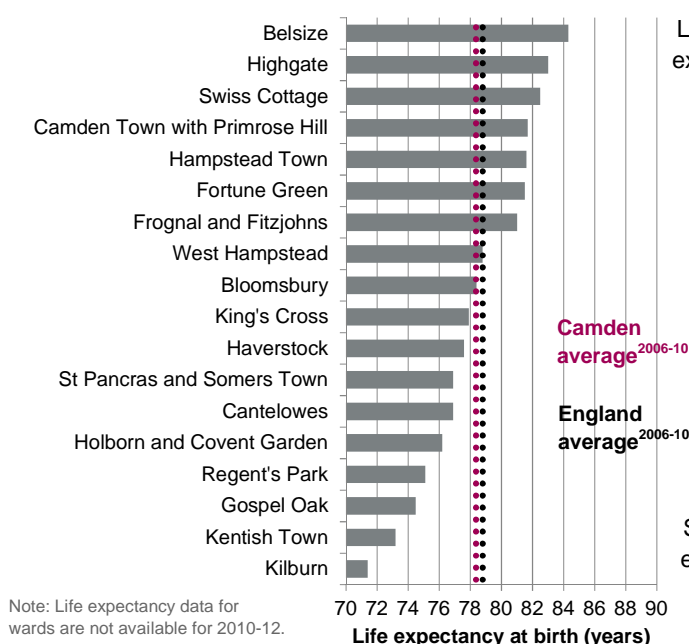
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

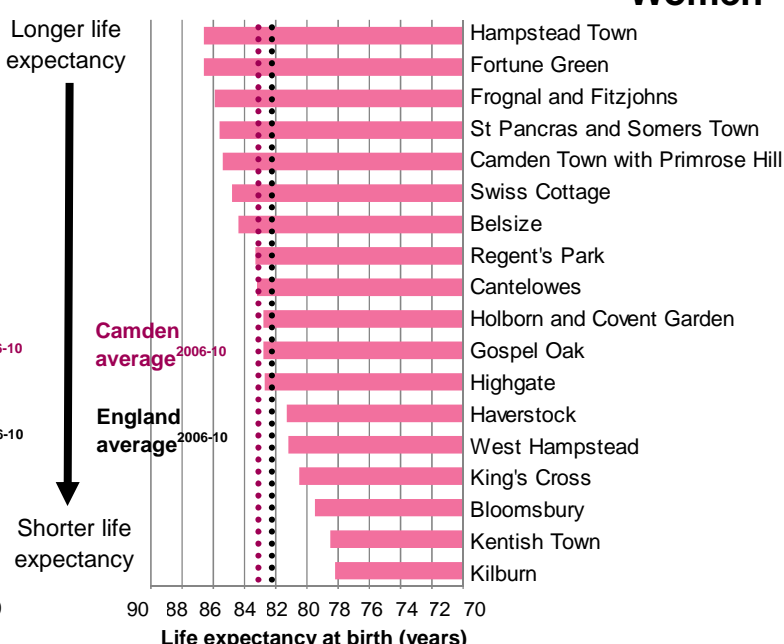
Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.



**Men**<sup>2006-10</sup>



**Women**



About **60** St Pancras and Somers Town residents die each year<sup>2009-11</sup>.

**49%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in St Pancras and Somers Town<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 6 years** for men and **by 5 years** for women in St Pancras and Somers Town.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.

# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

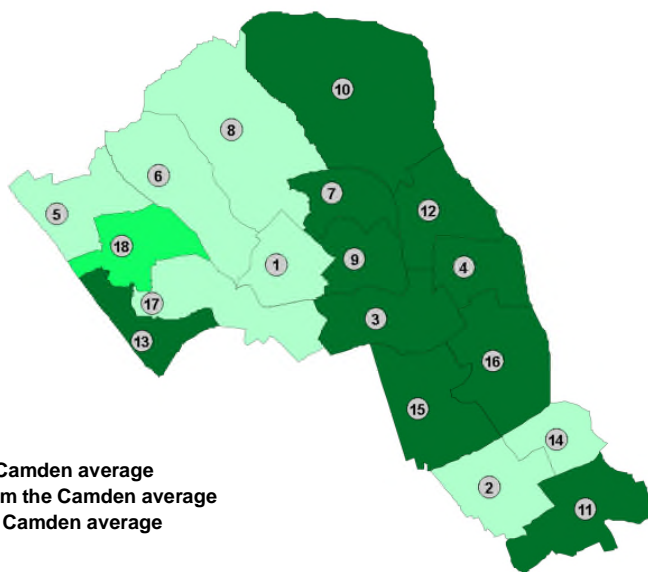
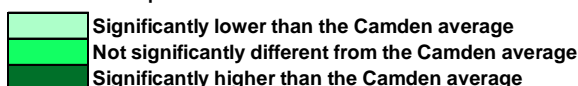
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



**2,670**

**smokers** in St Pancras and Somers Town ward<sup>2012</sup>.

**80**

St Pancras and Somers Town residents

**quit smoking** for at least four weeks<sup>2012/13</sup>.

**10**

St Pancras and Somers Town residents die from **lung cancer** or **COPD\*** each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

**20**

St Pancras and Somers Town residents die from **heart disease** each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

☎ 020 7527 1247

✉ [verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,160 (19%)**

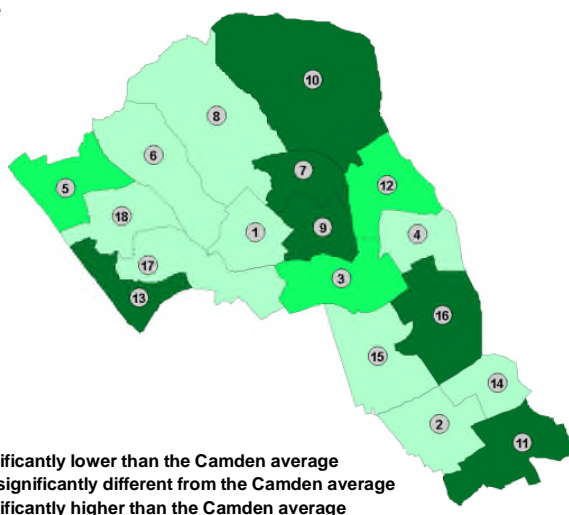
St Pancras and Somers Town residents are **obese**, compared to **13%** of Camden's population.

**1,800 (29%)**

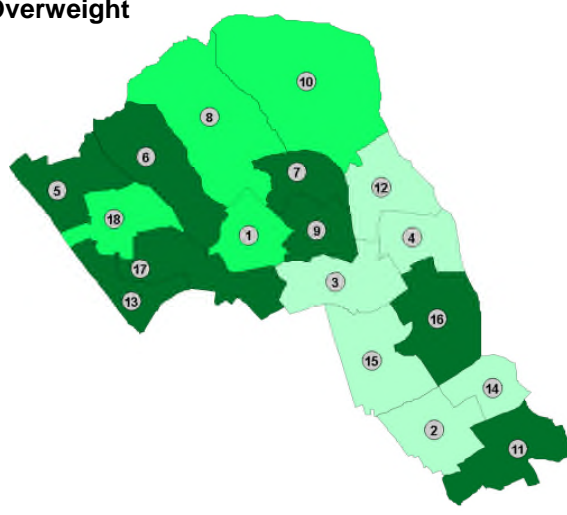
St Pancras and Somers Town residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)



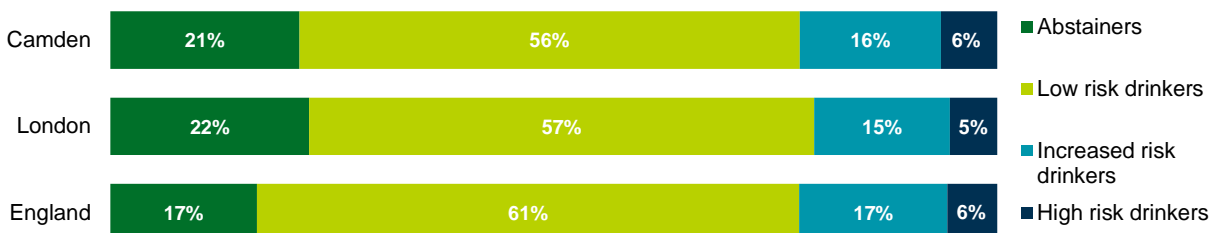
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

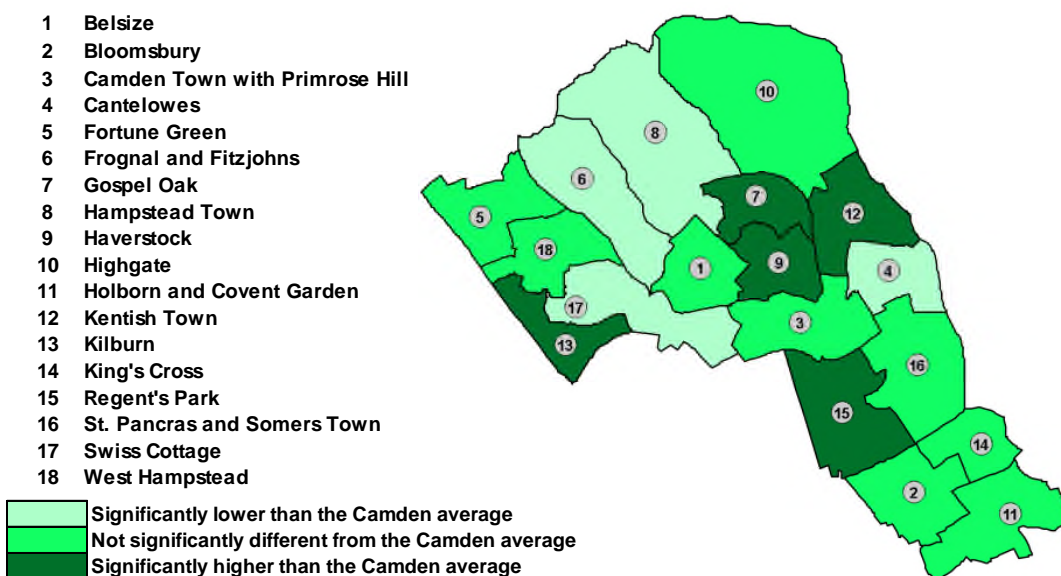
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**130**

alcohol-related admissions  
in St Pancras and Somers  
Town<sup>2011/12</sup>.

### Hypertensive diseases

are the most common  
causes of alcohol-related  
admissions in St Pancras  
and Somers Town<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in St Pancras and Somers Town<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	640	9.9%	680	10.5%	1,320	20.4%
Heart disease	150	2.4%	120	1.9%	270	4.2%
Diabetes	350	6.7%	220	4.4%	570	11.1%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

0

people have had an NHS Health Check in  
St Pancras and Somers Town  
GP practices<sup>2012/13</sup>.

0

people have been offered an NHS Health Check in  
St Pancras and Somers Town  
GP practices<sup>2012/13</sup>.

1,580

people are eligible for an NHS Health Check in  
St Pancras and Somers Town  
GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**200 (2%)**

St Pancras and Somers Town residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

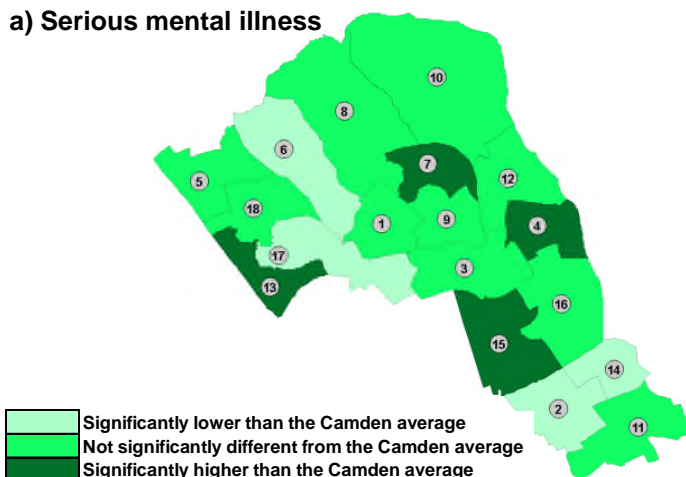
Residents in St Pancras and Somers Town are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,310 (12%)**

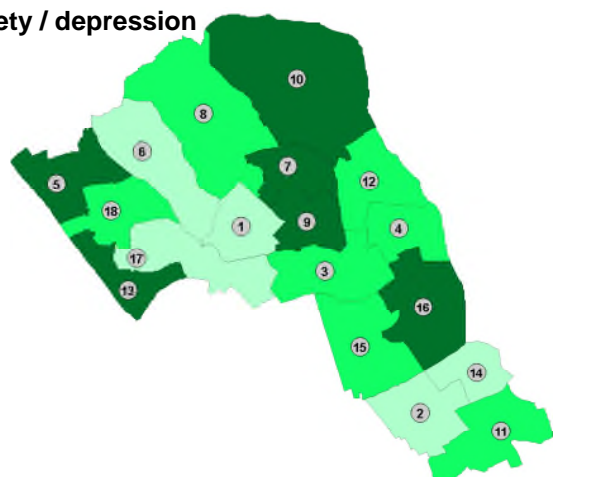
St Pancras and Somers Town residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



1 Belsize  
2 Bloomsbury  
3 Camden Town with Primrose Hill  
4 Canteloves  
5 Fortune Green

6 Frognal and Fitzjohns  
7 Gospel Oak  
8 Hampstead Town  
9 Haverstock  
10 Highgate

11 Holborn and Covent Garden  
12 Kentish Town  
13 Kilburn  
14 King's Cross  
15 Regent's Park

16 St. Pancras and Somers Town  
17 Swiss Cottage  
18 West Hampstead

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

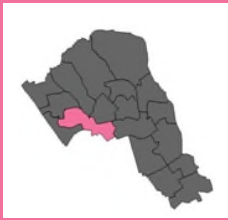
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## Want to find out more?

Jane Brett-Jones (Public Health Strategist)

020 7527 8767

[jane.brett-jones@islington.gov.uk](mailto:jane.brett-jones@islington.gov.uk)



# HEALTH & WELLBEING

## Swiss Cottage

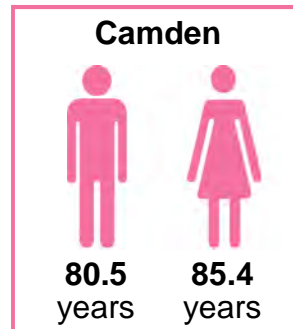
November 2013

## Life expectancy

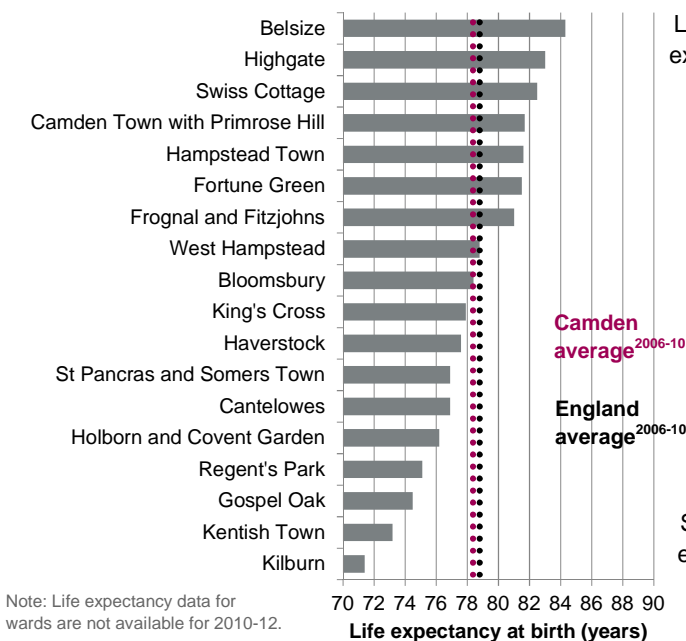
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

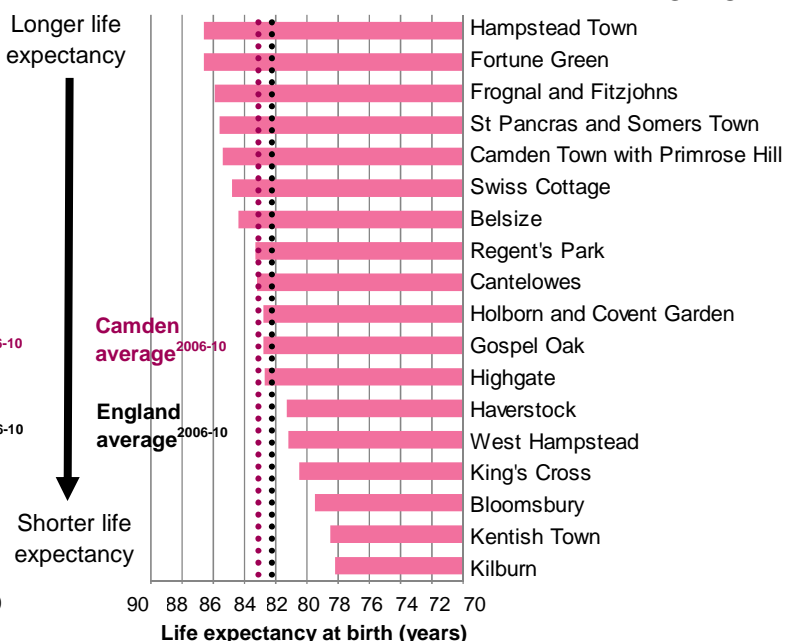


#### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

#### Women



About **60** Swiss Cottage residents die each year<sup>2009-11</sup>.

**33%**

of these are aged **under 75 years**.

**Heart disease** is the main cause of death in Swiss Cottage<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 3 years** for men and **by 2 years** for women in Swiss Cottage.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

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# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

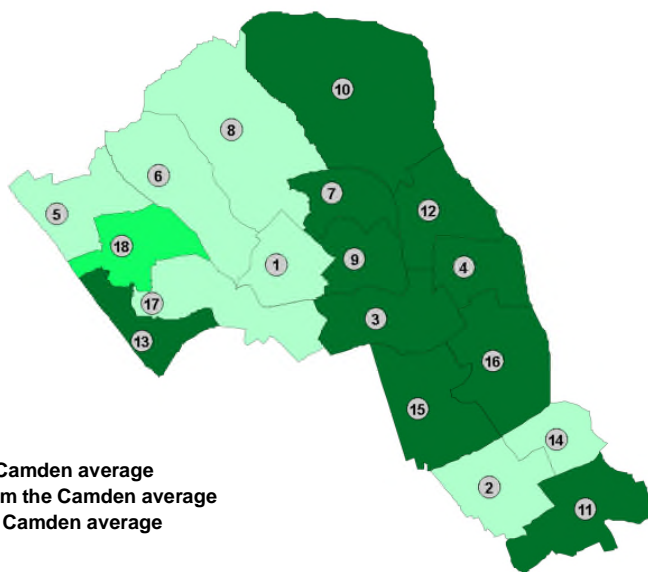
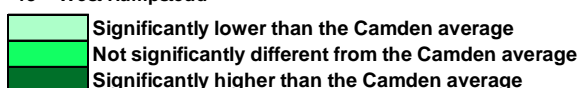
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,660

smokers in Swiss Cottage ward<sup>2012</sup>.

40

Swiss Cottage residents quit smoking for at least four weeks<sup>2012/13</sup>.

5

Swiss Cottage residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

15

Swiss Cottage residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)



# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,090 (12%)**

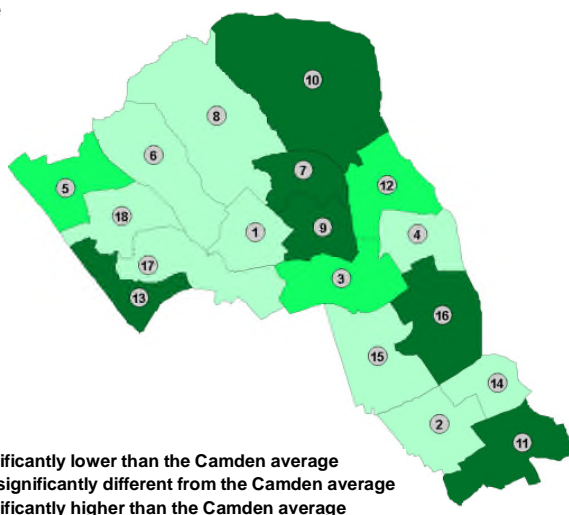
Swiss Cottage residents are **obese**, compared to **13%** of Camden's population.

**2,660 (29%)**

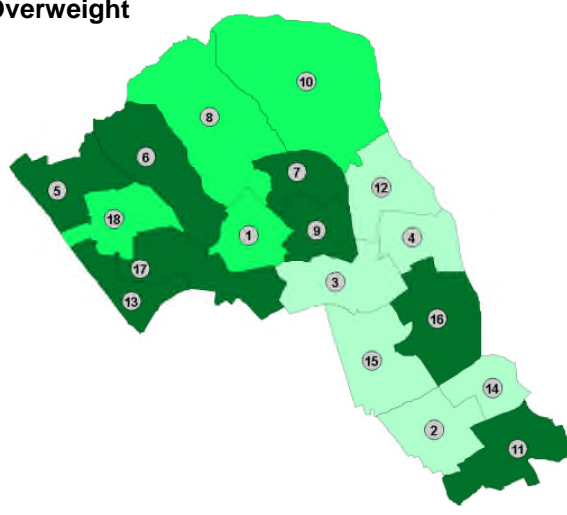
Swiss Cottage residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
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- |                              |                                |
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| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

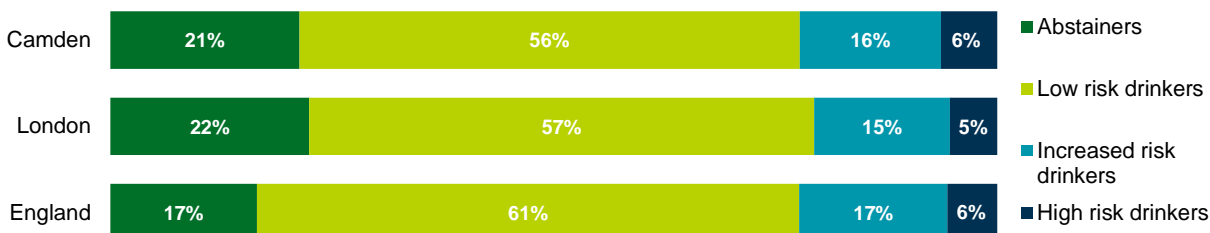
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

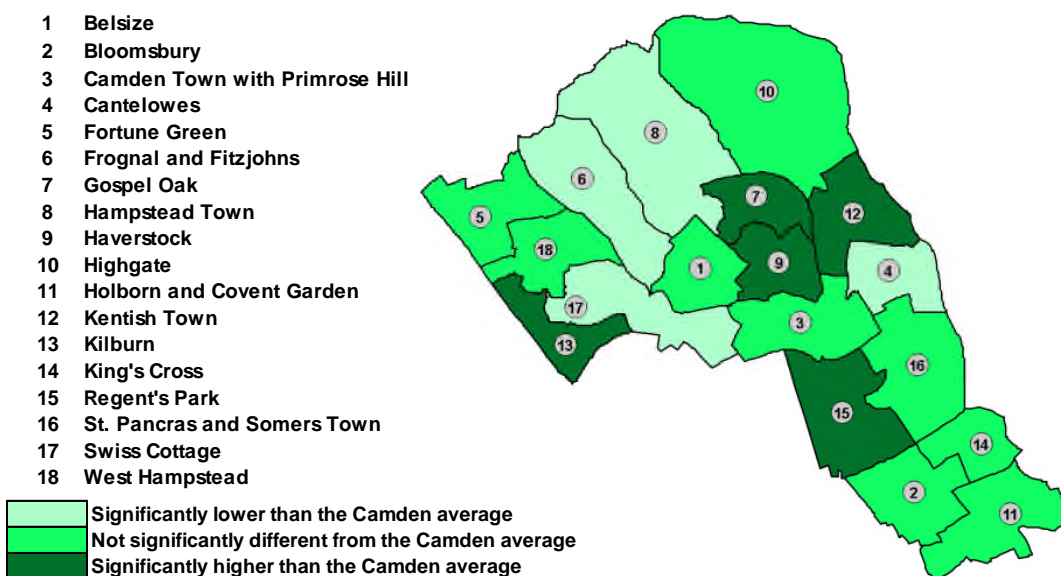
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately **70** alcohol-related admissions in Swiss Cottage<sup>2011/12</sup>.

**Hypertensive diseases** are the most common causes of alcohol-related admissions in Swiss Cottage<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)  
☎ 020 7527 1210  
✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in Swiss Cottage<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	570	5.4%	1,100	10.6%	1,670	16.0%
Heart disease	120	1.2%	80	0.8%	200	1.9%
Diabetes	220	2.5%	370	4.3%	590	6.9%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**160**

people have had an NHS Health Check in  
Swiss Cottage GP practices<sup>2012/13</sup>.

**600**

people have been offered an NHS Health Check in  
Swiss Cottage GP practices<sup>2012/13</sup>.

**2,640**

people are eligible for an NHS Health Check in  
Swiss Cottage GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**140 (1%)**

Swiss Cottage residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

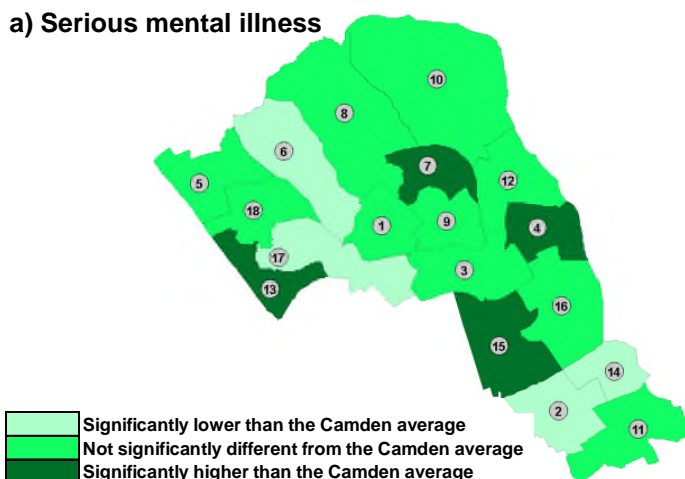
Residents in Swiss Cottage are likely to report **higher** wellbeing scores compared to Camden overall<sup>2012</sup>.

**960 (9%)**

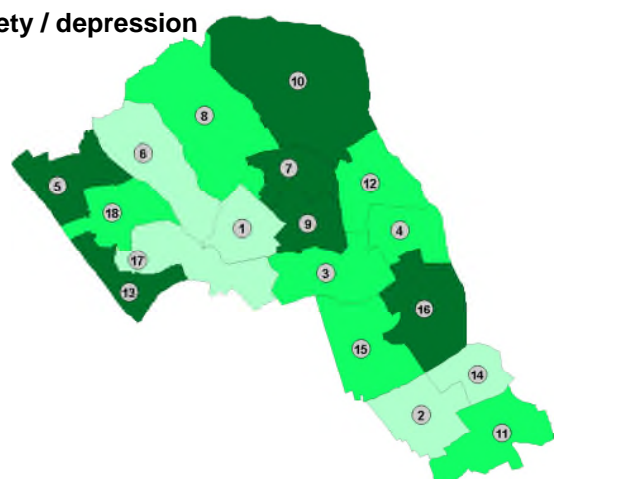
Swiss Cottage residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change campaign** and promote anti-stigma messages.

## Where people can get support

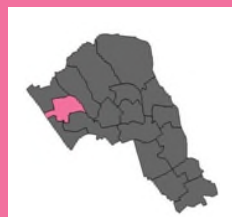
- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

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# HEALTH & WELLBEING

## West Hampstead

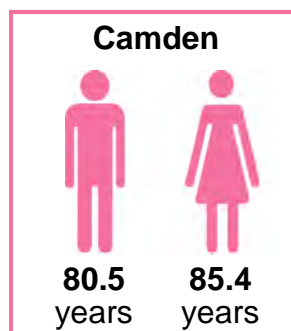
November 2013

## Life expectancy

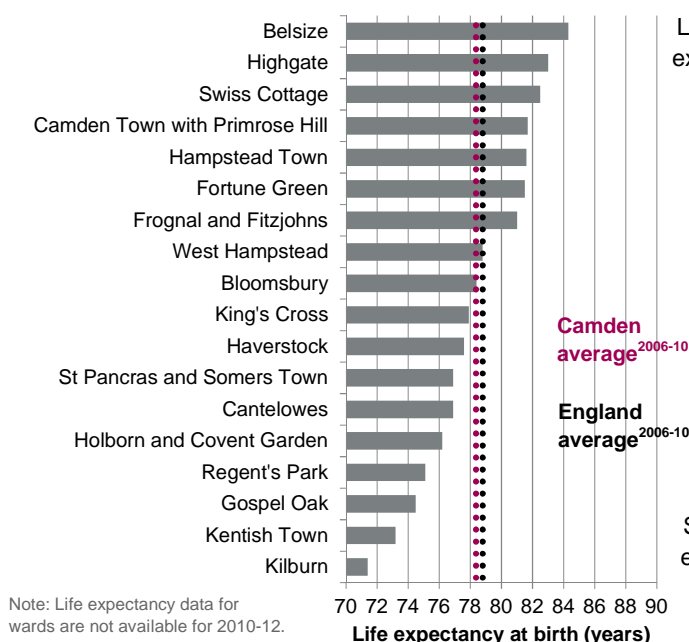
### Longer lives and preventable deaths

Life expectancy has been increasing in Camden and Camden women now live longer lives compared to the England average. Men in Camden have similar life expectancies compared to men across England<sup>2010-12</sup>.

Despite these improvements, there are marked inequalities in life expectancy: the most deprived in Camden will live for 11.6 (men) and 6.2 (women) fewer years than the least deprived in Camden<sup>2006-10</sup>.

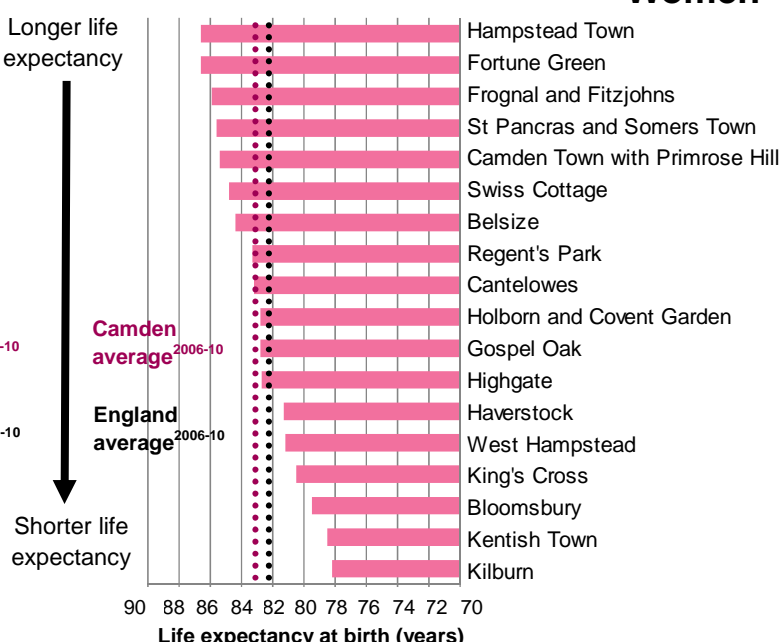


### Men<sup>2006-10</sup>



Note: Life expectancy data for wards are not available for 2010-12.

### Women



About **40** West Hampstead residents die each year<sup>2009-11</sup>.

**52%**

of these are aged **under 75 years**.

**Cancer** is the main cause of death in West Hampstead<sup>2006-10</sup>.

Since 2002-06, life expectancy has **increased by 3 years** for men and **not changed** for women in West Hampstead.

Ways in which deaths can be prevented include reducing levels of smoking, obesity, alcohol intake and increasing levels of physical activity and healthy eating. Residents should be encouraged to go for cancer screening, to have the winter 'flu vaccination, and to go for an NHS Health Check to assess their risk of getting heart disease. In the longer term, deaths can be prevented by reducing poverty across the borough.

This ward profile has been produced by Camden and Islington public health intelligence team. Please visit [www.camdendata.info](http://www.camdendata.info) for the census 2011 ward profiles for demographic information. For more information contact [publichealth.intelligence@islington.gov.uk](mailto:publichealth.intelligence@islington.gov.uk) or call 020 7527 2832.



# Smoking

## Supporting residents to quit smoking

Good progress has been made in reducing the number of smokers in Camden and a smaller percentage of our residents smoke compared to London as a whole. However, smoking is still a major cause of ill-health and early death in Camden. It also substantially contributes to health inequalities as poorer residents are more likely to smoke and so will disproportionately suffer from ill-health and die younger.

## Smoking prevalence

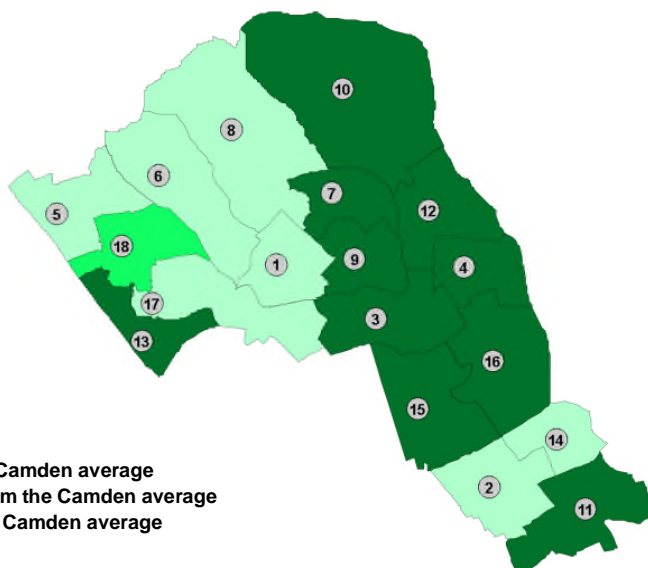
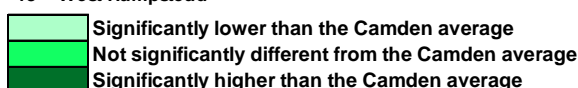
Percentage of people that are smokers, non-smokers or ex-smokers, 2012



Source: Integrated Household Survey, ONS, 2012

Prevalence of smoking by ward, compared to the Camden average, Camden's resident and GP registered population aged 16+, Camden GP PH dataset, 2012

- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Canteloves
- 5 Fortune Green
- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate
- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park
- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead



1,870

smokers in West Hampstead ward<sup>2012</sup>.

60

West Hampstead residents quit smoking for at least four weeks<sup>2012/13</sup>.

5

West Hampstead residents die from lung cancer or COPD\* each year<sup>2010-12</sup>.

\*Chronic Obstructive Pulmonary Disease

5

West Hampstead residents die from heart disease each year<sup>2010-12</sup>.

## What can you do?

- Ask constituents if they smoke and signpost them to get advice about stopping. It's never too late to make a difference to their health. Find out more by going to: [www.smokefreelifecamden.co.uk](http://www.smokefreelifecamden.co.uk)
- Raise awareness in wards where smoking prevalence is highest. The Stop Smoking Service is keen to engage with communities about the benefits of becoming smokefree or to run local stop smoking clinics if there are sufficient numbers.
- Encourage people to report where underage sales of cigarettes take place, and places where shisha is smoked where young people are present.

## Where people can get support

- From their GP
- From their local pharmacy
- Through the NHS Stop Smoking Service: [www.smokefreecamden.nhs.uk](http://www.smokefreecamden.nhs.uk) or 0800 093 90 30

## Want to find out more?

Verena Thompson (Public Health Manager)

020 7527 1247

[verena.thompson@islington.gov.uk](mailto:verena.thompson@islington.gov.uk)

# Adult Obesity

## Helping residents to achieve and maintain a healthy weight

Encouraging healthy eating and an active life for everyone is a key priority for Camden. Despite many residents eating healthily and exercising regularly, some people are overweight or obese and so are more likely to be living with long term conditions, such as diabetes or heart disease. Those who live in the most deprived areas often have fewer opportunities to eat healthily and are less likely to engage in regular exercise, perpetuating health inequalities.

### Obesity prevalence

**1,050 (12%)**

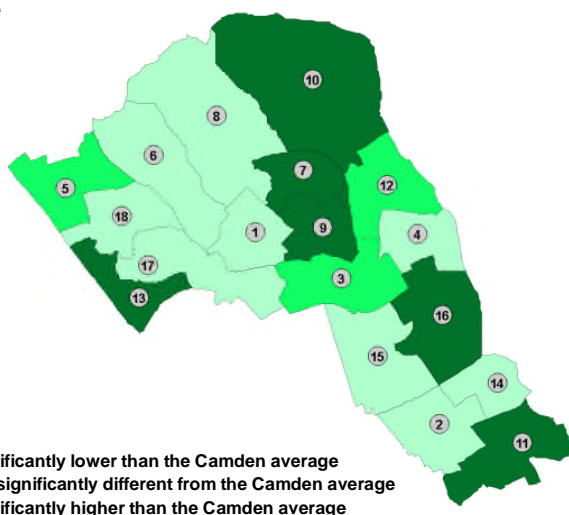
West Hampstead residents are **obese**, compared to **13%** of Camden's population.

**2,430 (28%)**

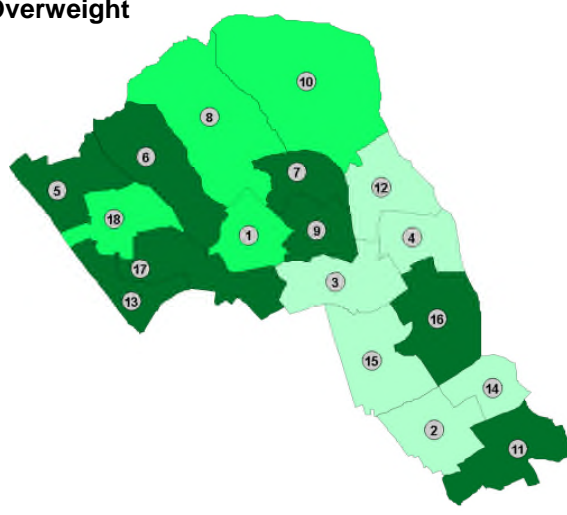
West Hampstead residents are **overweight**, compared to **27%** of Camden's population.

Prevalence of obesity and overweight by ward, compared to the Camden average, Camden resident and GP registered population, Camden GP PH dataset, 2012

#### a) Obese



#### b) Overweight



- 1 Belsize
- 2 Bloomsbury
- 3 Camden Town with Primrose Hill
- 4 Cantelowes
- 5 Fortune Green

- 6 Frognal and Fitzjohns
- 7 Gospel Oak
- 8 Hampstead Town
- 9 Haverstock
- 10 Highgate

- 11 Holborn and Covent Garden
- 12 Kentish Town
- 13 Kilburn
- 14 King's Cross
- 15 Regent's Park

- 16 St. Pancras and Somers Town
- 17 Swiss Cottage
- 18 West Hampstead

### What can you do?

- Encourage residents to have their height and weight measured by their GP to calculate their BMI.
- Promote the weight management services to residents who are overweight or obese by directly referring or providing them with information to self-refer.
- Invite our Outreach Service to come along to your community events to offer free health checks and BMI assessments.

### Where people can get support

- Contact the Apples & Pears service 020 3688 1710 or [applesandpears@nhs.net](mailto:applesandpears@nhs.net)
- Visit [www.HealthyCamden.com](http://www.HealthyCamden.com) and view the healthy weight page
- Their GP Practice
- The Outreach Service

### Want to find out more?

Aideen Dunne (Public Health Strategist)

☎ 020 7527 8770

✉ [aideen.dunne@islington.gov.uk](mailto:aideen.dunne@islington.gov.uk)

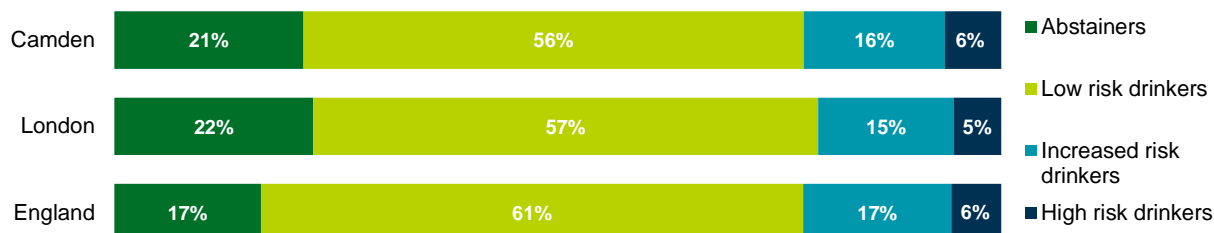
# Alcohol

## Reducing the harm linked to excess drinking

Alcohol can play an important and positive role in many people's social life and the majority of people who drink, do so in a way that is unlikely to cause harm. For the significant minority that drink above recommended safe levels, however, it can increase the risk of ill health and other social harms. These can affect resident's personal, social and economic lives. A joined-up approach, which includes various organisations, is essential to reduce the significant harms associated with alcohol.

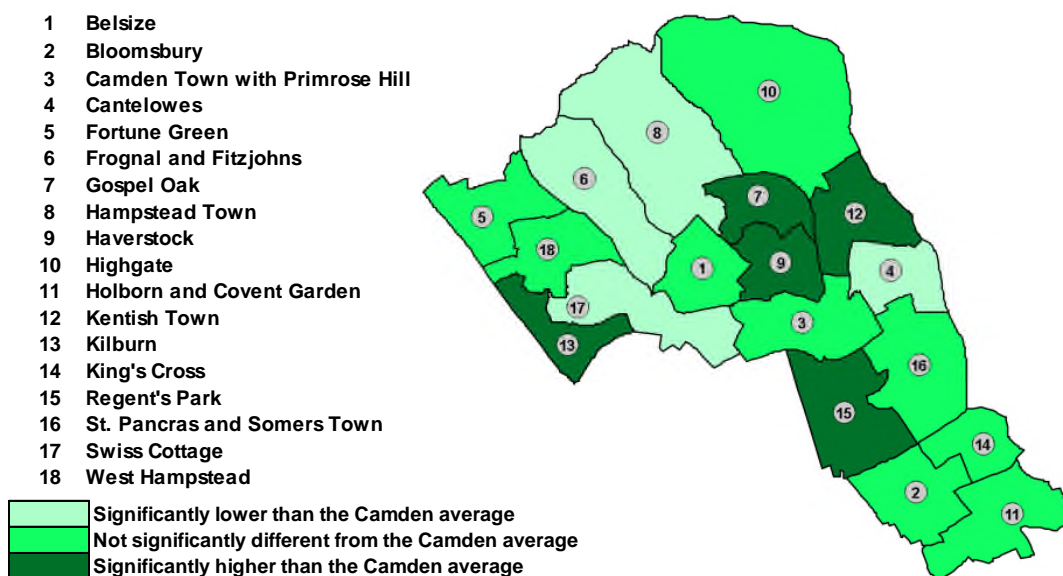
## Alcohol consumption

### Percentage of people that are high risk drinkers, 2009



Source: LAPE, 2013

### Alcohol-related admissions in Camden resident and registered GP population by ward, compared to the Camden average, SUS, 2012



There were approximately

**90**

alcohol-related admissions in West Hampstead<sup>2011/12</sup>.

**Mental and behavioural disorders** are the most common causes of alcohol-related admissions in West Hampstead<sup>2011/12</sup>.

## What can you do?

- Encourage all constituents to think about their drinking. Camden Council provide a short online tool to assess drinking habits, visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk).
- Register yourself for the weekly licensing list to stay aware of any licensing applications in your ward. If you believe a new or existing alcohol licence negatively affects your ward then ask your local residents for their opinion and consider making a representation to the licensing board. Contact Camden's Licensing Team on 020 7974 4444 or visit [www.camden.gov.uk/licensing](http://www.camden.gov.uk/licensing).

## Where people can get support

- Visit [www.dontbottleitup.org.uk](http://www.dontbottleitup.org.uk) to make an assessment of drinking habits.
- All residents can receive further support, by contacting Camden's Alcohol Service on 020 3227 4950 or making an appointment to speak to their GP.

## Want to find out more?

Colin Sumpter (Public Health Strategist)

☎ 020 7527 1210

✉ [colin.sumpter@islington.gov.uk](mailto:colin.sumpter@islington.gov.uk)

# NHS Health Checks

## Identifying those at 'high risk' of developing heart disease

Many deaths from heart disease could be prevented if people were diagnosed earlier, supported to reduce their risk of illness (e.g. by stopping smoking or losing some weight), and given appropriate treatments.

"NHS Health Checks" is a programme that identifies people aged 40-74 years (30-74 for South Asians) in Camden who are likely to develop heart disease (because they are overweight, have high blood pressure or smoke, for example). They are invited by their GP to go for a check up. People can also receive a free check-up in some local pharmacies and in community settings. If picked up early, help and support can be given to reduce their risk of developing heart disease.

Numbers and percentages of people with undiagnosed conditions: GP practices in West Hampstead<sup>2011/12</sup>

Condition	People who are diagnosed		Estimate of people who are undiagnosed		Estimated total	
	n	%	n	%	n	%
High blood pressure	770	7.4%	1,140	10.9%	1,910	18.3%
Heart disease	190	1.8%	70	0.6%	250	2.4%
Diabetes	250	2.9%	350	4.0%	600	6.8%

There is a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms — this is why having an NHS Health Check is important.

All of those identified as being at "high risk" of developing heart disease should be invited for an NHS Health Check by their GP practice.

**0**

people have had an NHS Health Check in West Hampstead GP practices<sup>2012/13</sup>.

**370**

people have been offered an NHS Health Check in West Hampstead GP practices<sup>2012/13</sup>.

**2,830**

people are eligible for an NHS Health Check in West Hampstead GP practices<sup>2012/13</sup>.

### What can you do?

- **Promote NHS Health Checks** in Camden by encouraging people aged 40-74 in your ward (30-74 for South Asians) to have a Health Check.
- Help **publicise NHS Health Checks** by having a Health Check yourself in a local pharmacy or health community check event.
- **Invite the NHS Health Checks team to come along to your community events** to offer free checks to your local residents aged 40-74 (30-74 for South Asians).

### Where to go for a free NHS Health Check

- GP practice
- Selected pharmacies
- Kentish Town Health Heart Centre and Kilburn Healthy Heart Centre
- Other community venues such as supermarkets - for upcoming events in your area, see contact below.

### Want to find out more?

Marta Calonge-Contreras (Senior PH Strategist)

☎ 020 7527 1239

✉ [marta.calonge-contreras@islington.gov.uk](mailto:marta.calonge-contreras@islington.gov.uk)

# Mental Health

## Promoting positive mental health and wellbeing

Mental ill-health is very common, affecting about one-in-ten people. Camden has higher levels of mental ill-health than elsewhere because the borough has relatively more at-risk groups, including younger and middle-aged adults. Recent increases in unemployment and financial hardship will increase levels of stress and mental ill-health in the community. This is why promoting positive mental health and wellbeing is so important at this time. One intervention which can help those with anxiety and depression is psychological therapy: people can talk through their problems and seek solutions with a trained professional.

## Prevalence of mental health conditions

**180 (2%)**

West Hampstead residents are diagnosed with a serious mental illness, compared to **2%** of Camden's population<sup>2012</sup>.

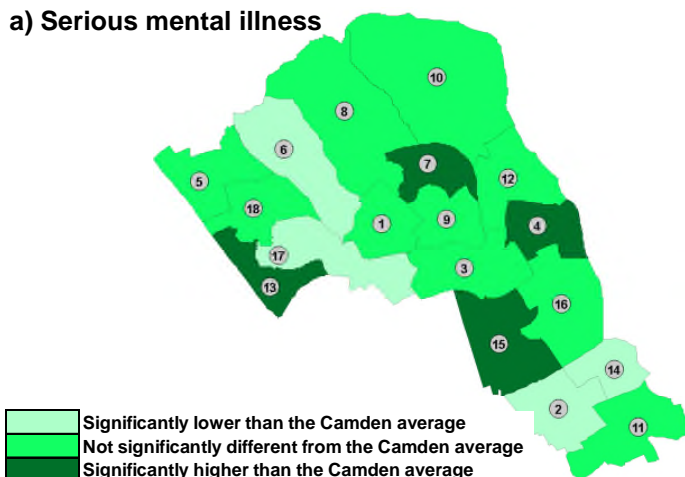
Residents in West Hampstead are likely to report **lower** wellbeing scores compared to Camden overall<sup>2012</sup>.

**1,040 (11%)**

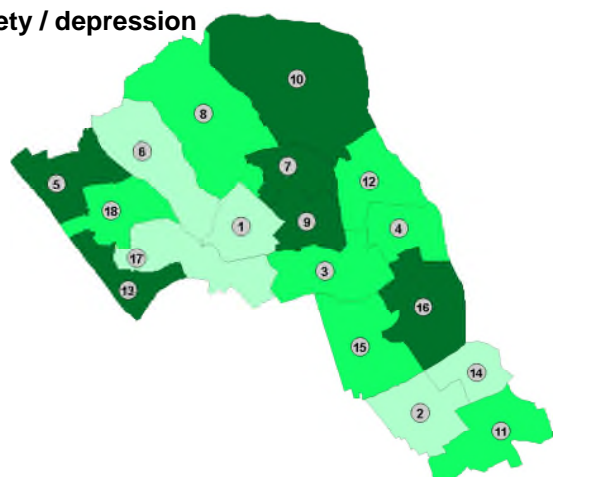
West Hampstead residents are diagnosed with either anxiety or depression, compared to **11%** of Camden's population<sup>2012</sup>.

Prevalence of serious mental illness and anxiety/depression by ward, compared to the Camden average, Camden's resident and GP registered population, Camden GP PH dataset, 2012

a) Serious mental illness



b) Anxiety / depression



- |                                  |                         |
|----------------------------------|-------------------------|
| 1 Belsize                        | 6 Frognal and Fitzjohns |
| 2 Bloomsbury                     | 7 Gospel Oak            |
| 3 Camden Town with Primrose Hill | 8 Hampstead Town        |
| 4 Canteloves                     | 9 Haverstock            |
| 5 Fortune Green                  | 10 Highgate             |

- |                              |                                |
|------------------------------|--------------------------------|
| 11 Holborn and Covent Garden | 16 St. Pancras and Somers Town |
| 12 Kentish Town              | 17 Swiss Cottage               |
| 13 Kilburn                   | 18 West Hampstead              |
| 14 King's Cross              |                                |
| 15 Regent's Park             |                                |

## What can you do?

- Learn how to recognise the symptoms of mental health problems and how to deal with them — attend free **Mental Health First Aid Training** and encourage others to attend too.
- Sign up as a **Mental Health Champion** and promote mental wellbeing among your local community.
- Support the **Time to Change** campaign and promote anti-stigma messages.

## Where people can get support

- Visit your GP
- To see a trained professional for support in Camden for stress, worry, depression, insomnia and other common problems call 020 3317 5600 or visit [www.icope.nhs.uk](http://www.icope.nhs.uk)
- For information about mental health conditions, symptoms and support see: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)

## Want to find out more?

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