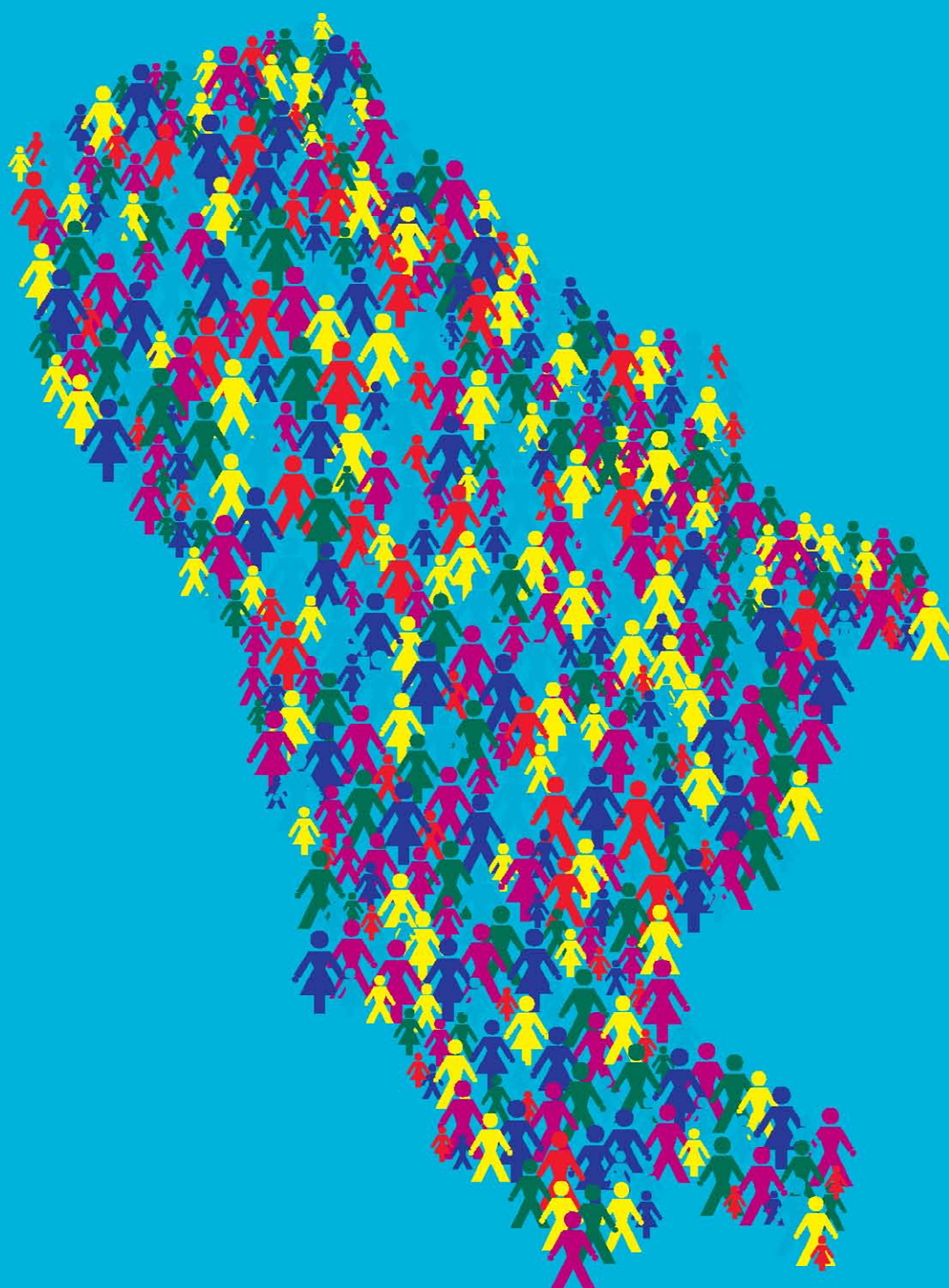


# HEALTH IN ISLINGTON: THE FACTS

## Update 2011



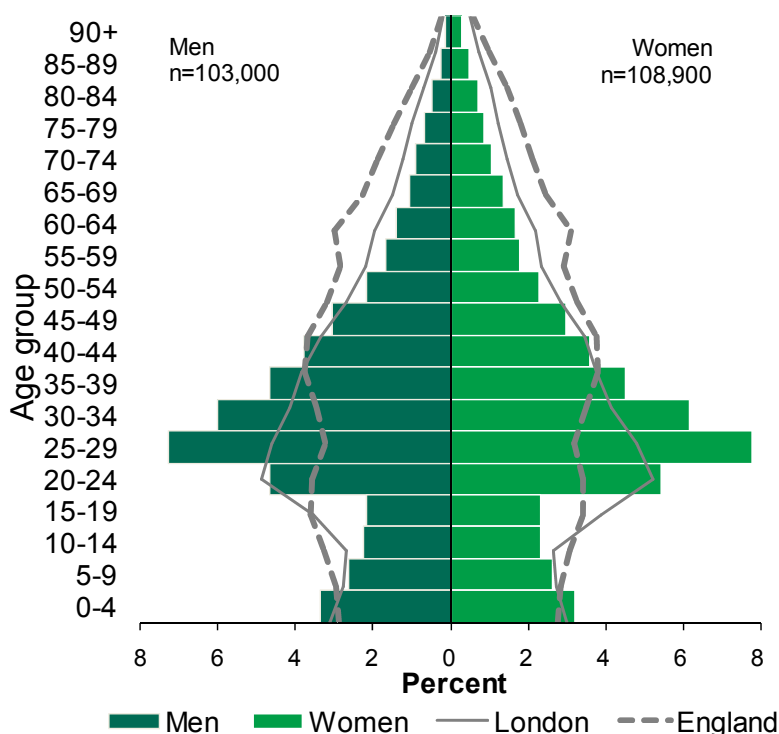
# Population

**211,900** residents in Islington <sup>2011</sup>

In the next 10 years Islington's population is expected to reach 237,400, an increase of 12%.

As of April 2011 there were just over **215,000** people registered with a GP in Islington.

## Sex and age <sup>Resident population 2011</sup>



Islington's population is younger than the population of London and England. Nearly half (47%) are young adults aged between 20 and 39 years, compared with 35% and 26% in London and England, respectively.

## Births <sup>Resident population 2010</sup>

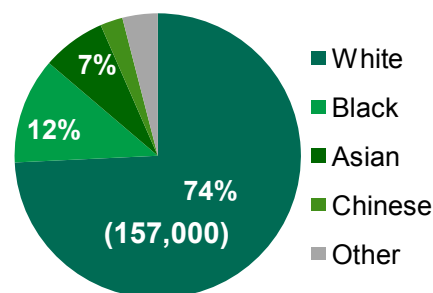
There were **2,952 live births** recorded in 2010.

The fertility rate for Islington is **54 live births** per 1,000 women aged 15-44 years. This rate is lower than England (66 per 1,000).

## Deprivation <sup>Indices of multiple deprivation 2010</sup>

Islington is **one of the five most deprived boroughs in London**, and is in the top 15 across England. Sixty-one percent of Islington's population live in the 20% most deprived areas nationally.

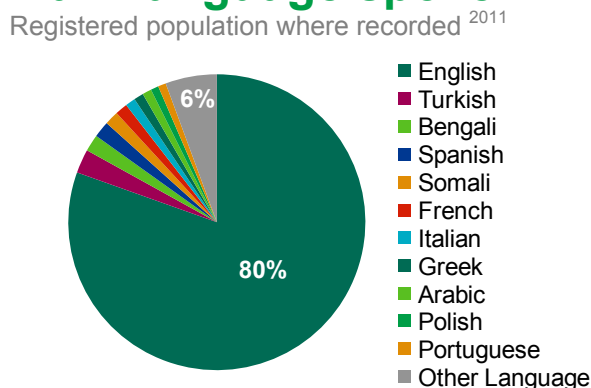
## Ethnicity <sup>Resident population 2011</sup>



Three-quarters of Islington's population is White compared to 65% in London and 88% in England.

Islington's Black and minority ethnic populations are relatively young with 29% estimated to be aged under 15 years. This compares with 12% of the White population.

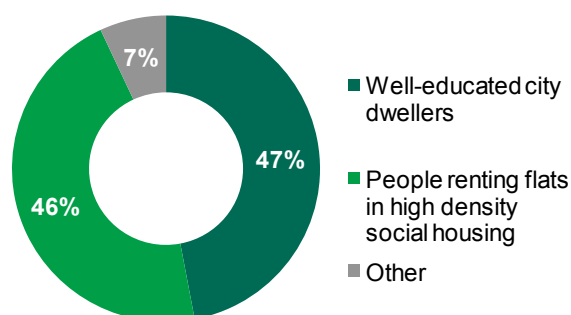
## Main language spoken <sup>Registered population where recorded 2011</sup>



One in five people do not speak English as their first language.

## Mosaic<sup>TM</sup> <sup>2009</sup>

The vast majority of Islington's population can be categorised into two main Mosaic<sup>TM</sup> groups:

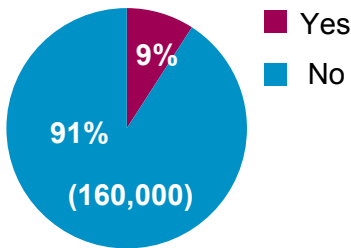


There is no distinct pattern in the geographical spread of people with different characteristics in Islington: at a street-level, people with very different characteristics live side-by-side.

# Behaviour-related risk factors

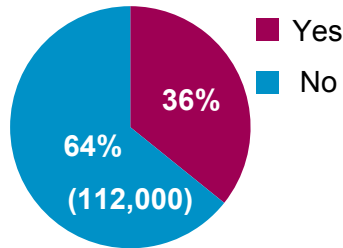
## Adults (aged 16 and over)

Do Islington adults **exercise** regularly? 2009/10



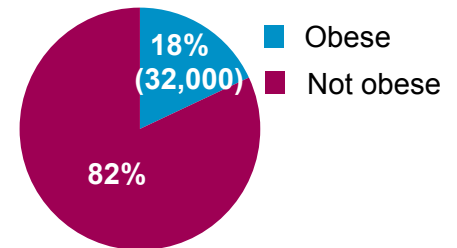
The percentage of adults meeting the recommended level of physical activity is worse in Islington than England.

Do Islington adults **eat healthily**? 2006-08



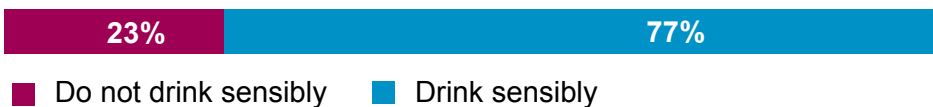
The level of healthy eating adults in Islington is better than England.

What percentage of Islington adults are **obese**? 2006-08



The level of obese adults in Islington is lower than England.

What percentage of Islington adults do not drink **alcohol** sensibly? 2008/09 (Definitions on the last page)



The levels of increasing and higher risk drinking are not different from levels in England and London.

What percentage of Islington adults **smoke**? 2009/10 (aged 18 and over)

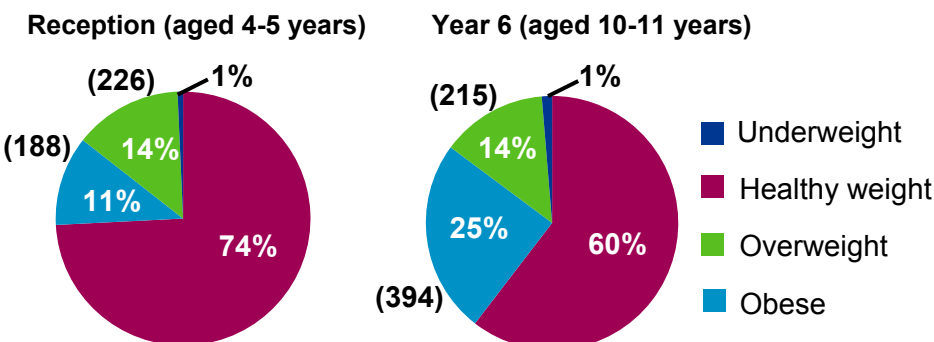


**44,000**  
smokers  
in Islington in 2011

A greater proportion of people in Islington smoke compared to the national average.

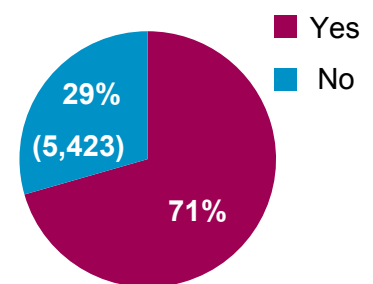
## Children and young people

What percentage of Islington children are **obese**? 2009/10



The level of obese children in Islington in Reception and Year 6 is worse than England, but the level of physical activity in schools is better.

Do Islington children **exercise** regularly? 2009/10 Year 1-13 pupils



How many **teenage pregnancies** were there in Islington? 2007-09

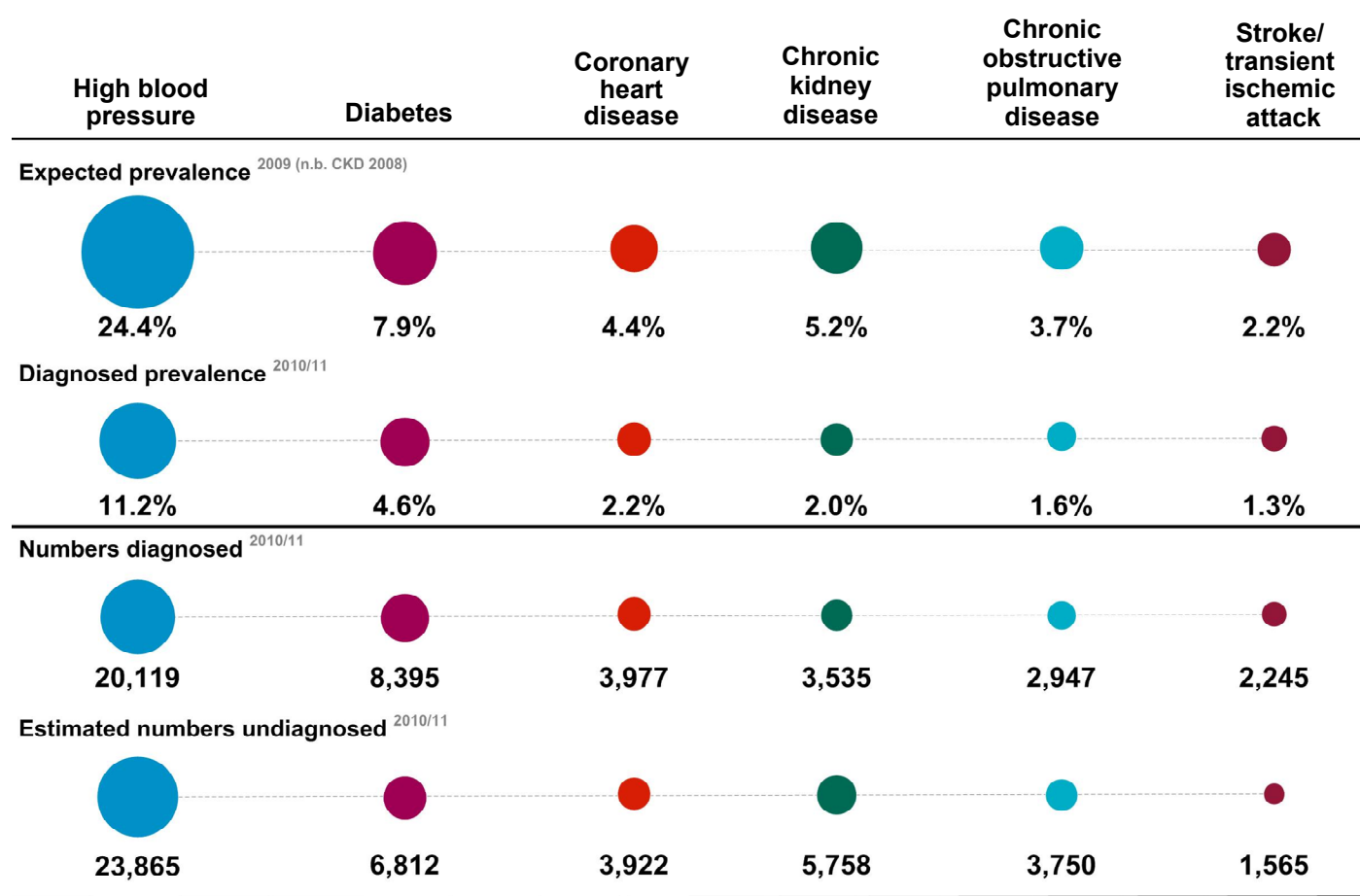


**126**  
teenage pregnancies  
per year in 2007-09

The teenage pregnancy rate in Islington is worse than England.

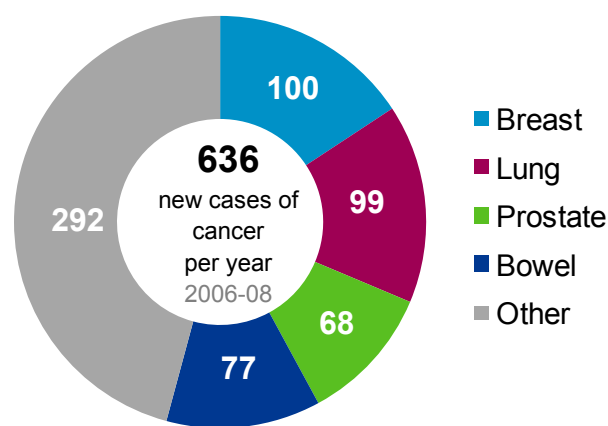
# Burden of ill health

## Long term conditions 2010/11



## Cancer

Islington has a similar rate of all new cancer cases (incidence) as London and England, but the incidence of lung cancer is much higher.



## Mental health 2010/11

Estimates of common mental health problems among adults in Islington showed that **28,452** residents are expected to be experiencing depression and anxiety disorders during any week in 2009/10.

GP registers showed that in 2010/11, **5,315** adults were living with diagnosed chronic depression, that 759 people had dementia, and 3,019 people had psychotic disorders (eg. schizophrenia).

The rate of mortality from suicide in Islington in 2007-09 was 6 per 100,000 people. This was similar to the London and England averages, although the amount of variability around these rates is high because of the relatively small number, statistically.

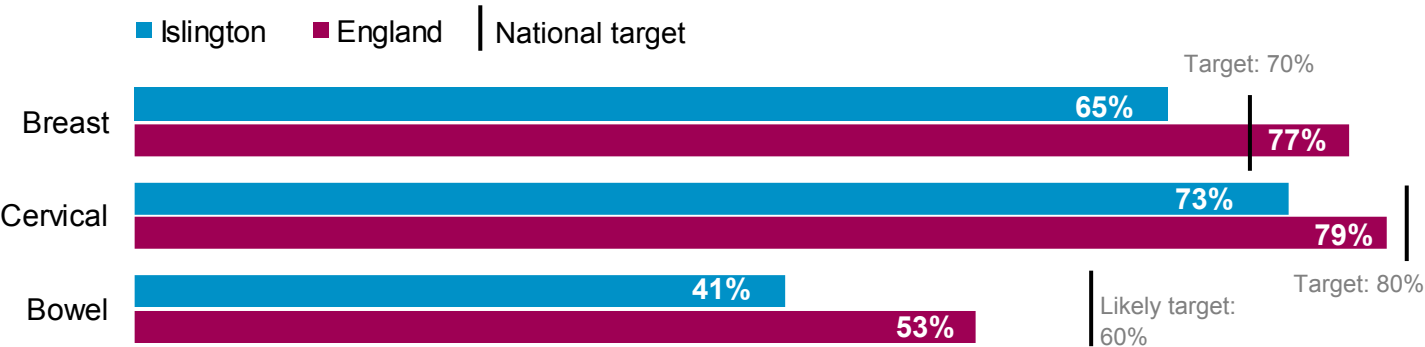
## TB and HIV

There were on average **92** new cases of tuberculosis per year in 2007-09, a much higher rate than England. There were **1,280** residents aged 15-59 accessing HIV care in 2010. Islington had the third highest diagnosed prevalence in London.

# Health services

## Cancer screening 2009/10

The levels of cancer screening in Islington are worse than in England.

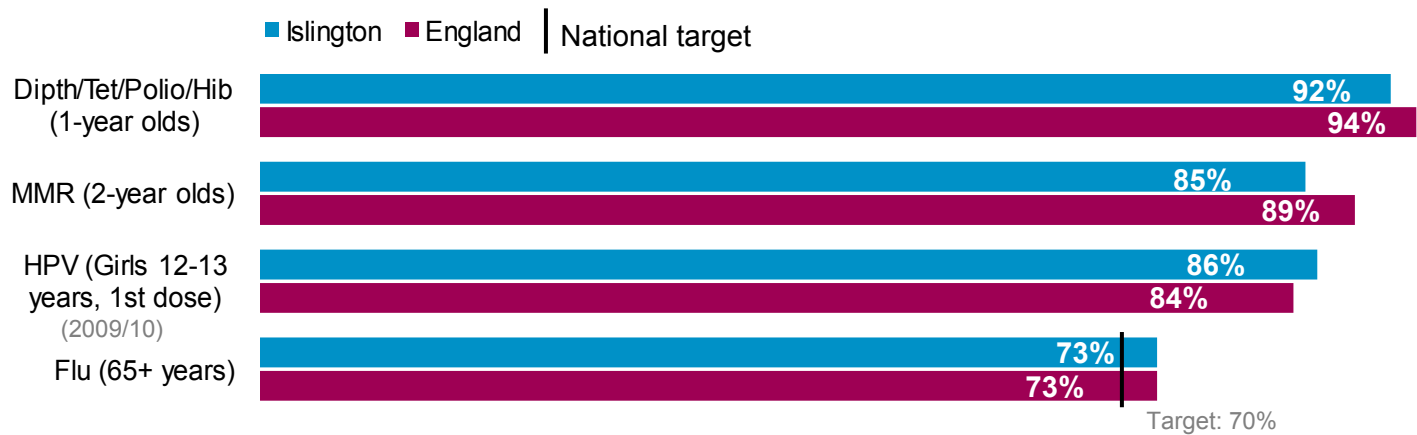


Cervical screening coverage: Women aged 25 to 64 years  
Breast screening coverage: Women aged 53 to 70 years  
Bowel screening uptake: People aged 60 to 69 who were adequately screened

## Smoking quits

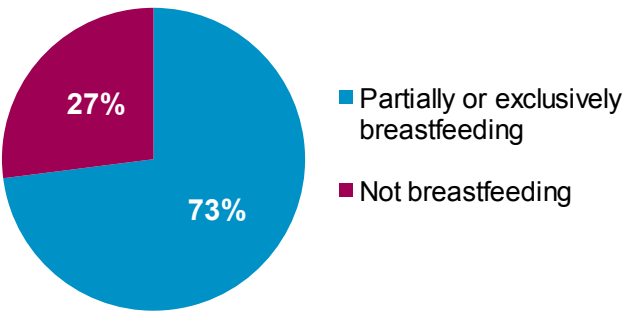
Islington’s Stop Smoking Service reported **1,970 smoking quits** at 4-weeks in 2010/11. This is equivalent to a rate of 9 per 1,000 adult population, or a rate of 74 per 1,000 adult smokers — one of the highest rates in London.

## Immunisation 2010/11



## Breastfeeding 2010/11

**2,104 mothers** breastfeeding at 6-8 weeks after birth  
The level of breastfeeding in Islington is better than England (46%).



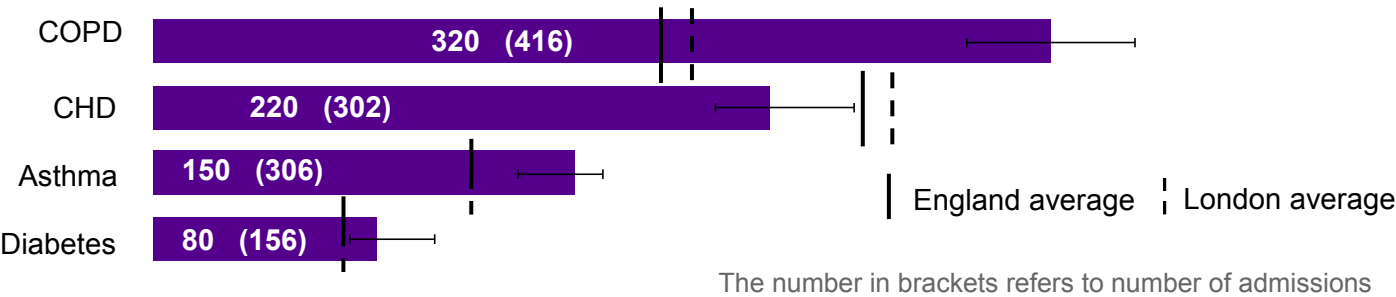


# Hospital admissions

## 16,003 emergency admissions in Islington Registered population 2010/11

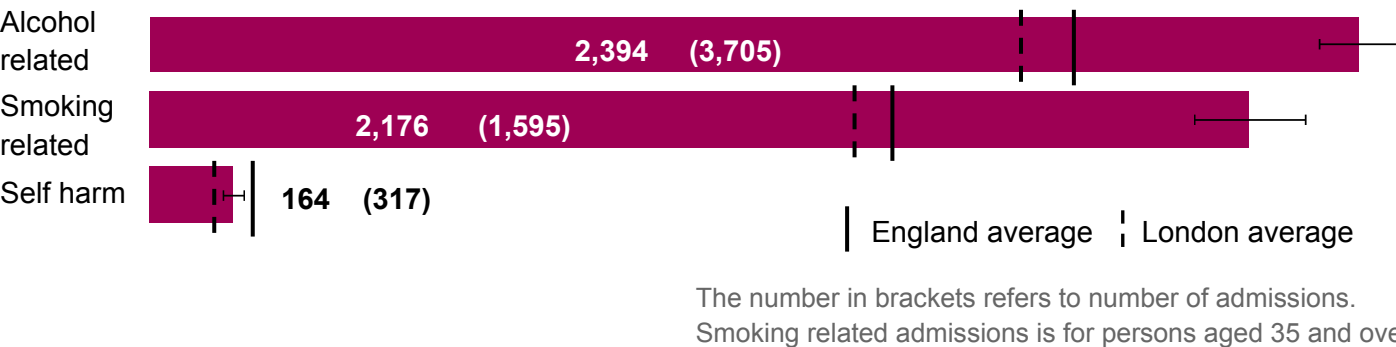
The levels of emergency hospital admissions of asthma, COPD and diabetes in Islington are significantly higher than in England and London. Emergency hospital admissions for CHD in Islington are lower than both England (250 per 100,000) and London (260 per 100,000).

**Indirectly standardised rate per 100,000 population** (NHS Comparators (SUS), 2009/10)

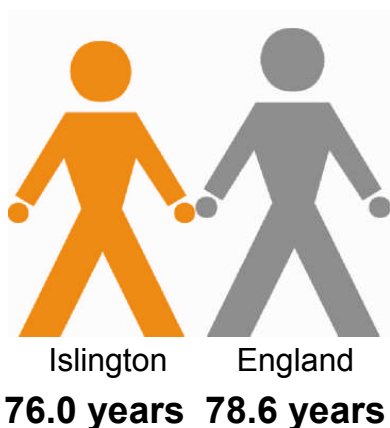


Islington has among the highest levels of alcohol and smoking related hospital admissions in London, and also higher than England. Islington also has more admissions related to self harm than London but less than England.

**Directly standardised rate per 100,000 population** (HES, 2009/10)



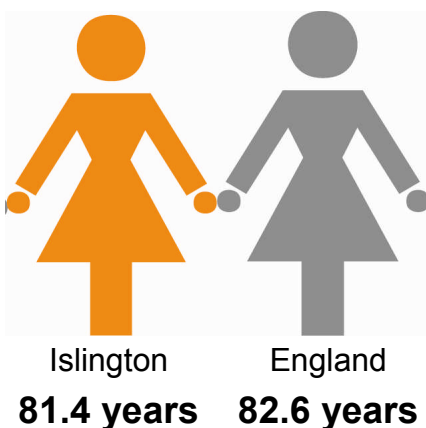
## Life expectancy 2008-10



Men in Islington can expect to live 76.0 years and women can expect to live 81.4 years.

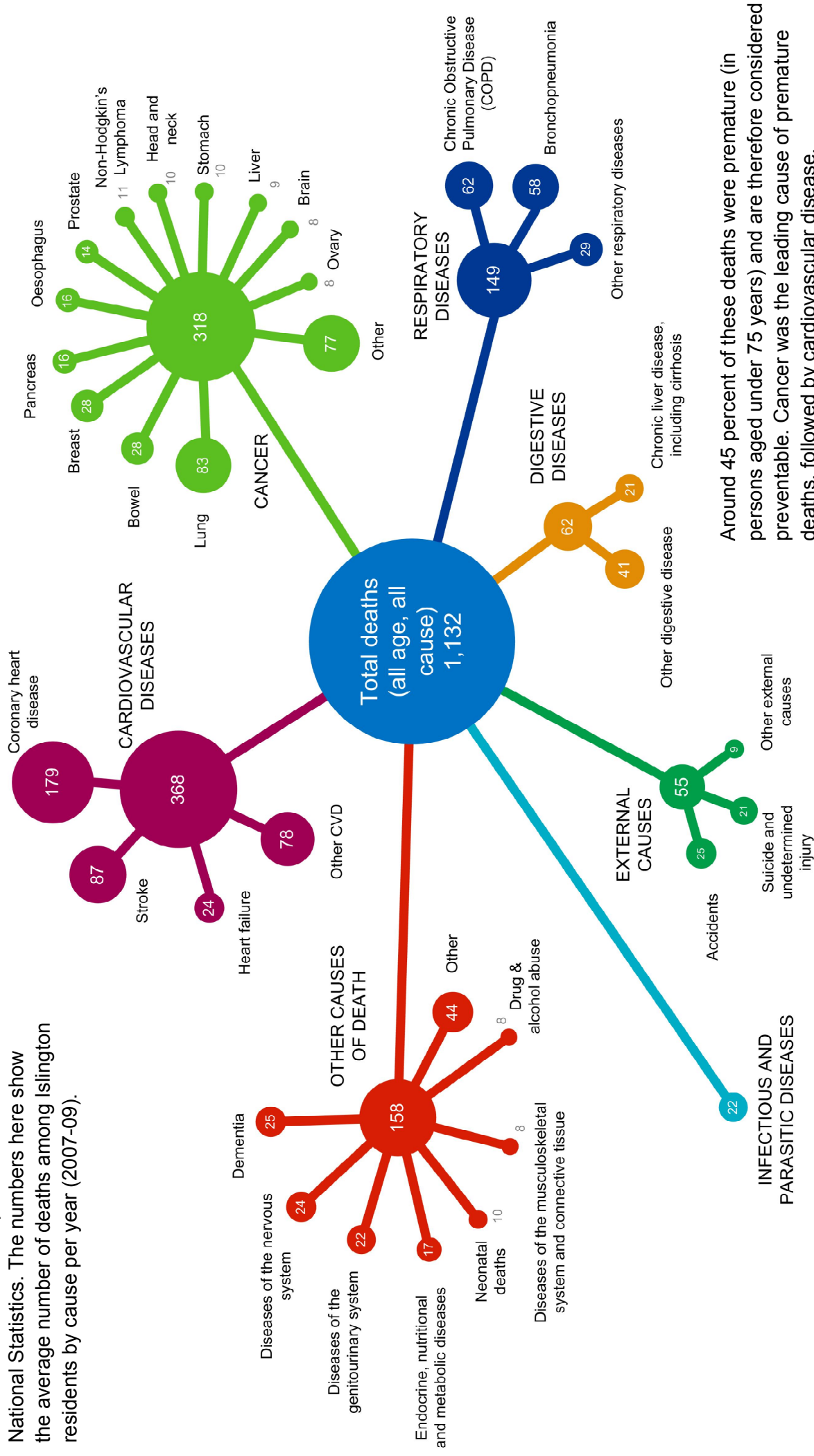
Life expectancy for both men and women in Islington is lower than the England average.

In Islington the **difference** in life expectancy between the **best-off** and **worst-off** is **6.5 years for men** and **4.1 years for women**. (2005-09)



# Causes of death

Every Islington death is registered, and details of all of the deaths end up with the Office for National Statistics. The numbers here show the average number of deaths among Islington residents by cause per year (2007-09).



# DEFINITIONS AND GLOSSARY

## Adults (aged 16 years and over)

<b>Increasing risk drinking</b>	The usual consumption of between 22 and 50 units of alcohol per week for men, and between 15 and 35 units of alcohol per week for women.
<b>Higher risk drinking</b>	The usual consumption of more than 50 units of alcohol per week for men, and more than 35 units of alcohol per week for women.
<b>Physical activity</b>	Participation in moderate intensity sport and active recreation on 20 or more days in the previous 4 weeks (equivalent to 30 minutes on 5 or more days per week).
<b>Healthy eating</b>	The consumption of 5 or more portions of fruit and vegetables per day.
<b>Obesity</b>	Defined as having a body mass index (BMI) over 30 kg/m <sup>2</sup> .

## Children (under 16 years)

<b>Physical activity</b>	The percentage of children attending state schools in the Local Authority belonging to a School Sport Partnership who participate in at least 3 hours of high quality PE and school sport within and beyond the curriculum in a typical week of the academic year.
<b>Obesity</b>	Children are classified as obese if their BMI is on or above the 95th centile of the British 1990 growth reference (UK90), taking into account age and sex.

## Methods and measures

<b>Statistical significance</b>	All differences mentioned in this report are statistically significant (at the 5% level). When a difference is statistically significant it means that it is unlikely to have occurred by chance. The 5% significance level means that there is a 95% or greater chance that the value or difference observed in the dataset is the true value in difference in the population.
<b>Crude rate</b>	The number of new cases (or deaths) occurring in a specified population, usually expressed as a rate per 100,000 population. Crude rates do not take account of differences in age or sex structure.
<b>Directly standardised rates</b>	The number of events that would occur in a population, given the age-specific rates in that population and if that population had the same age and sex structure as a standard population. Directly standardised rates allow direct comparisons to be made between areas. The standard population most commonly used is the European Standard population.
<b>Indirectly standardised rates</b>	The observed number of events, relative to the number of events that would be expected, if standard age-specific rates were applied to the particular observed population's age structure. To convert this ratio to a rate which adjusts for the national admissions rate, the indirectly standardised ratio is multiplied by the national crude rate.
<b>Mosaic™</b>	A geodemographic tool which classifies the UK population into 15 lifestyle groups based on different characteristics.

## ABOUT PUBLIC HEALTH INTELLIGENCE

Public health intelligence is a specialist area of public health. Trained analysts use a variety of statistical and epidemiological methods to collate, analyse and interpret data to provide an evidence-base and inform decision-making at all levels.

John Jarrard (Assistant Public Health Information Officer) was the main author of this factsheet.

**Email:** [publichealth.intelligence@nclondon.nhs.uk](mailto:publichealth.intelligence@nclondon.nhs.uk)

**Tel:** 020 7527 1251

If you work for North Central London NHS, take a look at our intranet pages here: [www.ncl.nhs.uk/depts/phi](http://www.ncl.nhs.uk/depts/phi)