



HEALTH IN ISLINGTON: THE FACTS

Update 2010

Population

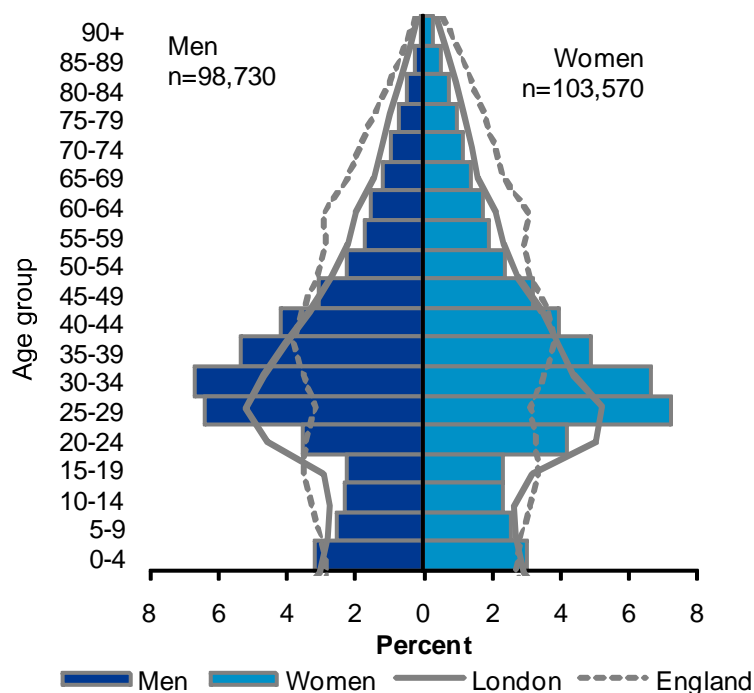
202,300 residents

in Islington in 2009

Between 2009 and 2019 Islington's population is expected to grow by 11.7%, to reach almost 226,000 people by 2019.

Sex and age

Resident population, 2009



Islington's population is younger than the population of London and England. Nearly half (45%) are young adults aged between 20 and 39 years, whereas 35% and 27% of the population are young adults in London and England respectively.

As of June 2010 there were **213,600 registered patients** with the 38 GP practices in Islington.

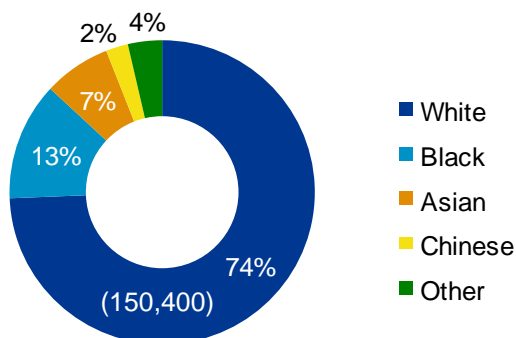
Births

There were **2,917 live births** recorded in 2008.

The fertility rate for Islington in 2008 was **53 live births per 1,000 women** aged 15-44 years. This rate is lower than England (64 per 1,000).

Ethnicity

Resident population, 2009



About three-quarters of Islington's population is White. For comparison, the equivalent figure is 66% in London and 88% in England.

Islington's BME populations are relatively young with 28% estimated to be aged under 15 years. This compares with 12% of the White population.

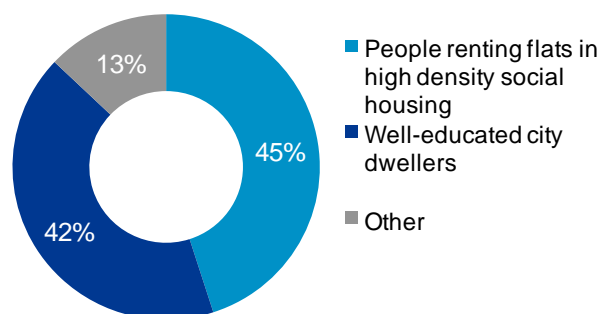
Deprivation

Islington is ranked the **4th most deprived borough in London** and 8th most deprived borough in England. Sixty-five percent of Islington's population live in the 20% most deprived areas nationally.

Mosaic™

2009

Mosaic™ is a geodemographic tool which classifies the UK population into 15 lifestyle groups and 69 types based on different characteristics. The vast majority of Islington's population can be categorised into two main Mosaic™ groups:

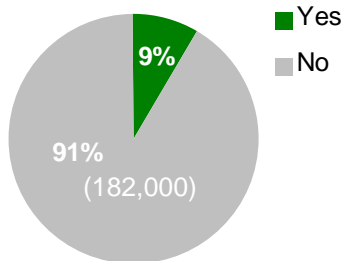


There is no distinct pattern in the geographical spread of these different types of people in Islington: at a street-level, people with very different characteristics live side-by-side.

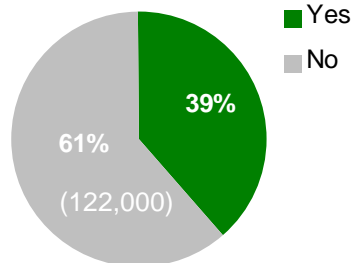
Behaviour-related risk factors

Adults

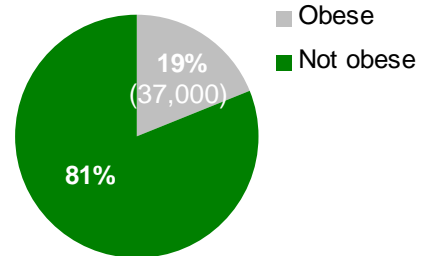
Do Islington adults **exercise** regularly? 2006-08



Do Islington adults get their **five a day**? 2006-08



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



The number in brackets represents the estimated number of persons in the segment

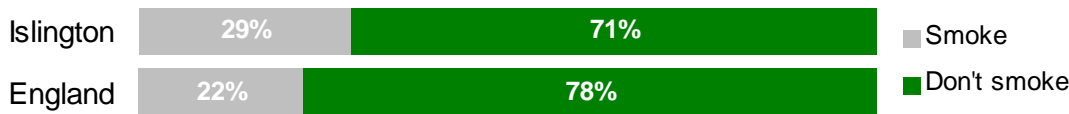
The levels of exercise, fruit and vegetable consumption and obesity in Islington are no different to England.

What percentage of Islington adults do not drink **alcohol** sensibly? 2007/08 (Definitions on last page)

Binge	Hazardous	Harmful
23%	21%	6%

The levels of binge, hazardous and harmful drinking are no different to England

How many Islington adults **smoke**? 2006-08

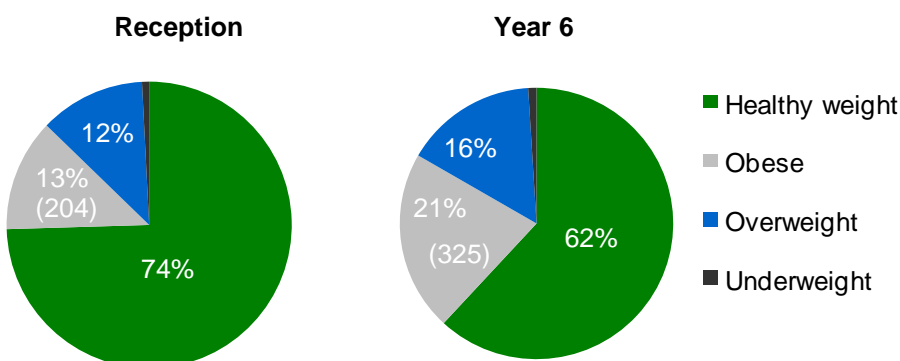


58,000
smokers
in Islington in 2010

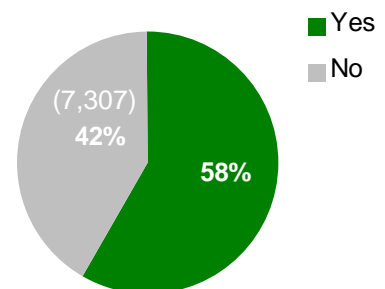
Smoking prevalence was significantly worse in Islington than England in 2006-08

Children and young people

What percentage of Islington children are **obese**? 2008/09



Do Islington children **exercise** regularly? 2008/09 Year 1-13 pupils



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

How many **teenage pregnancies** were there in Islington? 2006-08



135
teenage pregnancies
per year in 2006-08

The teenage conception rate in Islington was worse than England in 2006-08

Burden of ill health

Long-term illnesses and high blood pressure 2009/10 and 2008/09

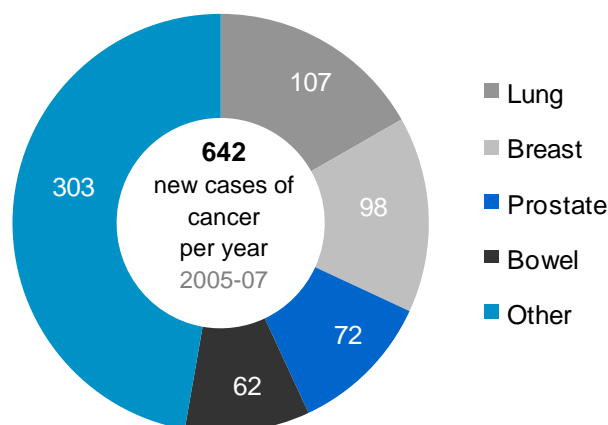
The table below shows how many people who are registered with an Islington GP are living with high blood pressure and long-term illnesses. It gives the number of people who have already been diagnosed by their GP as well as the estimated number who are still unaware that they have high blood pressure or a long-term condition.

There are a large number of people who are unaware that they are living with high blood pressure because there are often no symptoms. Increasing awareness of long-term conditions among the public and GPs and identifying those with high blood pressure is important so that people can be diagnosed earlier to reduce ill-health in Islington and to improve life expectancy.

Condition	People who are diagnosed		People who are undiagnosed		Total	
	n	%	n	%	n	%
High blood pressure	19,855	9.3%	21,138	11.4%	40,993	20.7%
Coronary heart disease	3,977	1.9%	3,402	1.9%	7,379	3.7%
Stroke	2,346	1.1%	1,347	0.8%	3,693	1.9%
Diabetes	7,932	4.4%	590	0.4%	8,522	4.8%
Chronic Obstructive Pulmonary Disease (COPD)	2,651	1.2%	1,771	1.0%	4,422	2.2%

Cancer

While Islington has a similar rate of all new cancer cases (incidence) as London and England, the incidence of lung cancer is much higher. In 2005-07, lung cancer incidence was 71 per 100,000 in Islington compared to 43 per 100,000 in England.



TB and HIV

There were, on average, 95 new cases of tuberculosis per year in 2006-08, equivalent to a crude rate of 51 per 100,000 population. The crude rate was much higher than the England average (15 per 100,000 population).

There were 1,191 residents aged 15-59 accessing HIV care in 2008. Islington had the third highest diagnosed prevalence in London: 8.6 persons per 1,000 population aged 15-59.

Mental health 2009/10

In 2009/10, there were 681 persons recorded as having **dementia**: less than 1% of the registered population.

The equivalent figure for **schizophrenia, bipolar disorder or other psychoses** was 3,001 persons: 1% of the registered population.

Health services

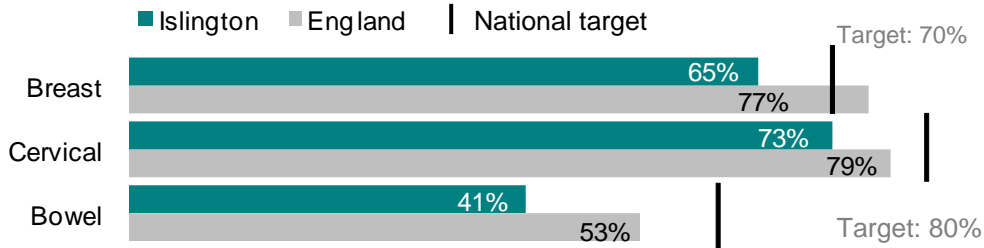
Cancer screening

Breast and cervical: 2008/09 Bowel: 2009/10

Cervical screening coverage: Women aged 25 to 64 years

Breast screening coverage: Women aged 53 to 70 years

Bowel screening uptake: Persons aged 60 to 69 who were adequately screened

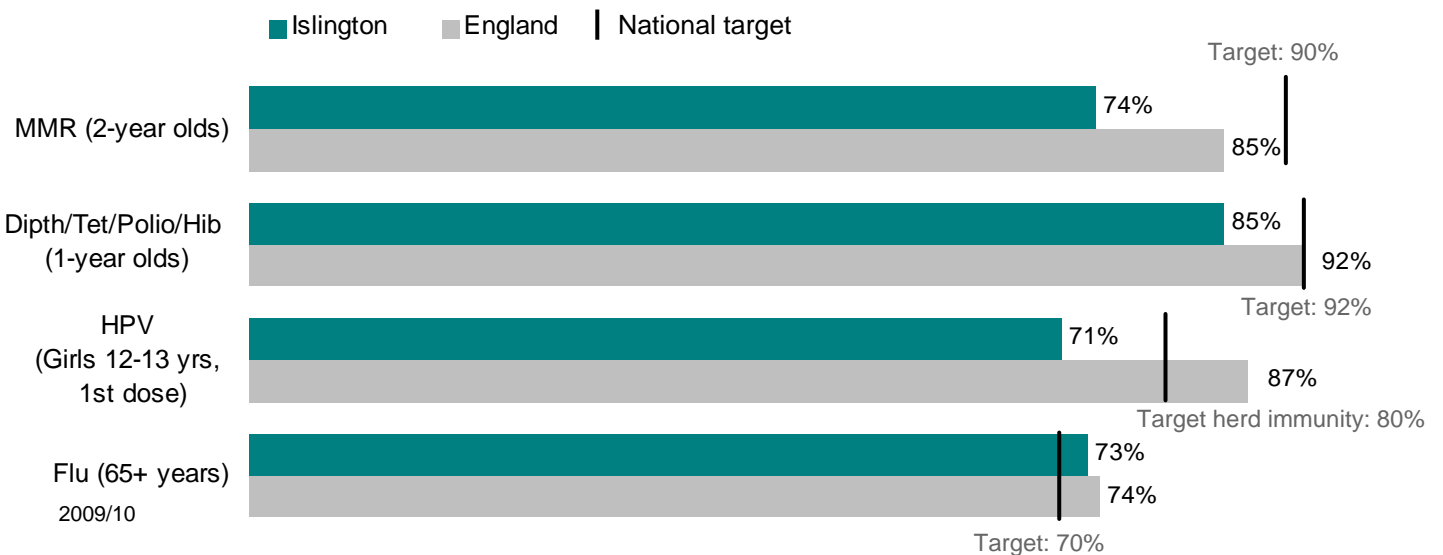


Target likely to be 60%

The levels of cancer screening in Islington are worse than England

Immunisation

2008/09



Smoking quits

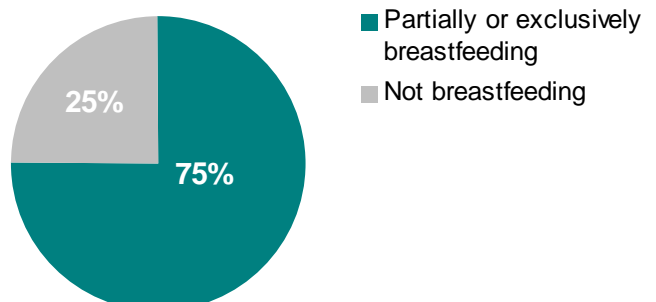
Islington's Stop Smoking Service reported **2,386 smoking quits** at 4-weeks in 2009/10. This is equivalent to a rate of 13 per 1,000 adult population, or a rate of 55 per 1,000 adult smokers — one of the highest rates in London.

Breastfeeding

2,127 mothers

Breastfeeding at 6-8 weeks after birth 2009/10

The level of breastfeeding in Islington is better than England



Secondary care

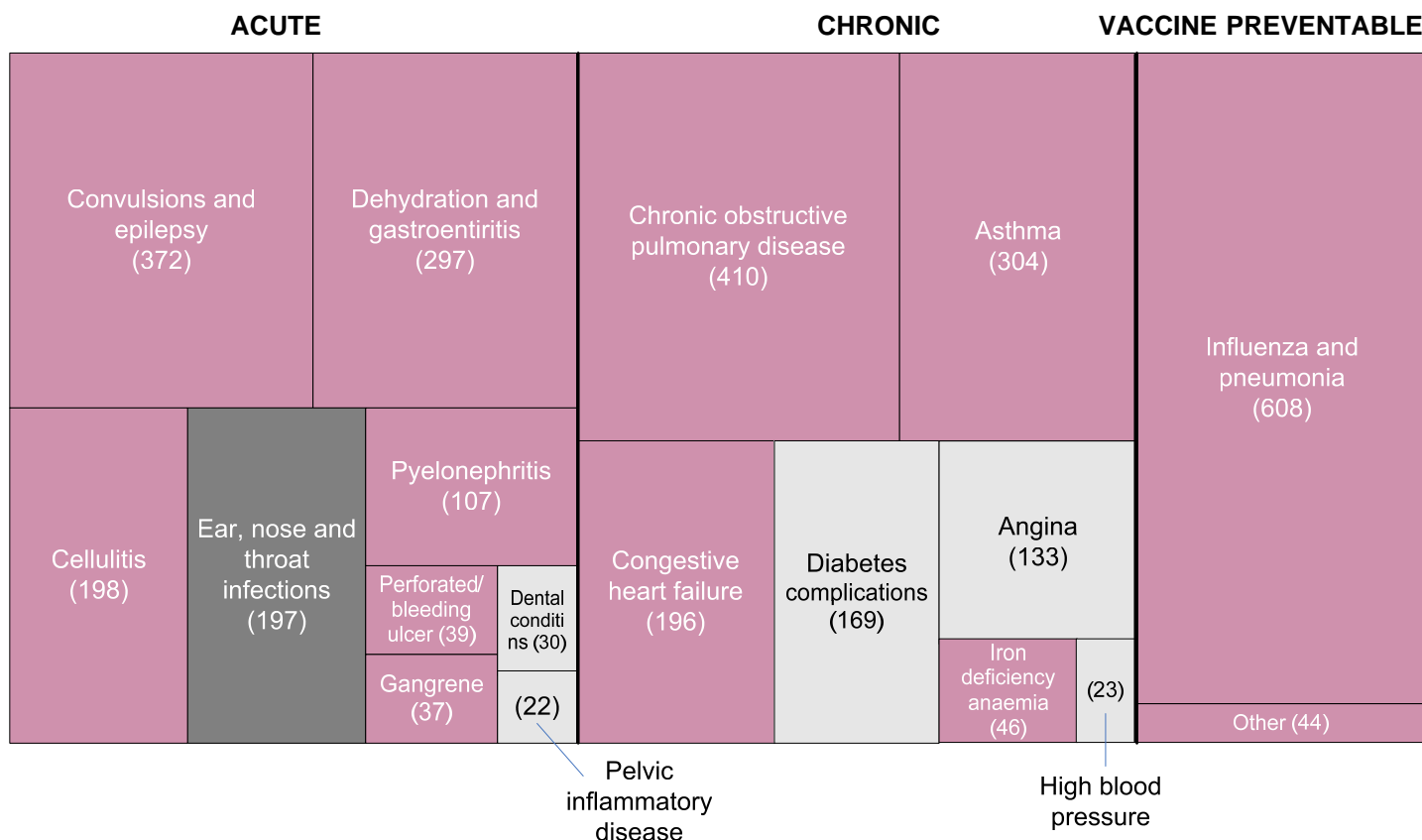
Ambulatory admissions

Ambulatory care sensitive conditions (ACSC) are a group of 19 chronic or acute diseases for which hospital admission in adults may be avoidable by effective management in primary care.

Islington had the highest rate ACSC admissions in London in 2009/10 at 19.0 per 1,000 population. This rate is 31% higher than the England average (14.5 per 1,000). There were a total of 3,232 ACSC admissions.

Ambulatory admissions in Islington 2009/10

The number in brackets refers to number of admissions



The shading represents the standardised rate compared to the England average:



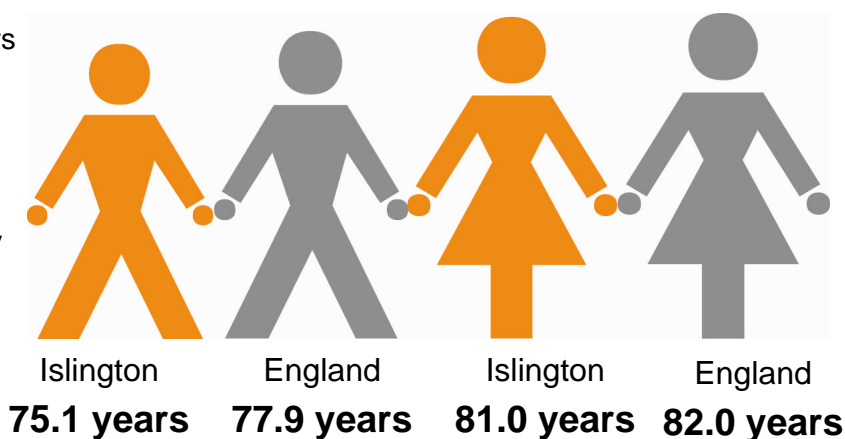
Life expectancy 2006-08

Men in Islington can expect to live 75.1 years and women can expect to live 81.0 years.

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

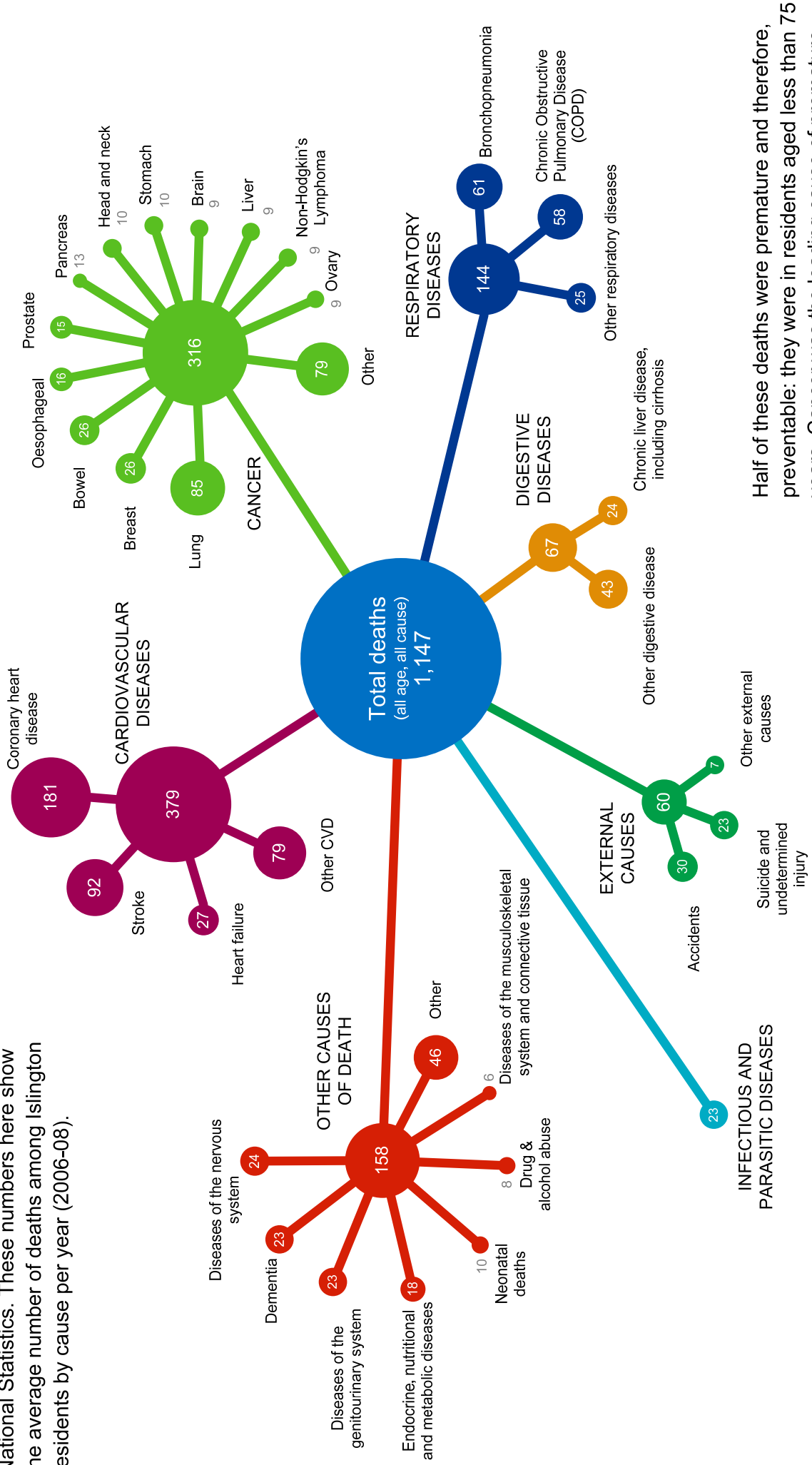
In Islington the **difference** in life expectancy between the **best-off** and **worst-off** is **6.7 years for men** and **4.4 years for women**

(based on the slope index of inequality in life expectancy, 2006-08)



Causes of death

Every Islington death is registered, and details of all of the deaths end up with the Office for National Statistics. These numbers here show the average number of deaths among Islington residents by cause per year (2006-08).



Half of these deaths were premature and therefore, preventable: they were in residents aged less than 75 years. Cancer was the leading cause of premature deaths followed by cardiovascular disease.

GLOSSARY

Binge drinking (alcohol units per single drinking session):	Men: ≥ 8	Women: ≥ 6
Hazardous drinking (alcohol units per week):	Men: 22-50	Women: 15-35
Harmful drinking (alcohol units per week):	Men: >50	Women: >35

Statistical significance

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 less than 5% chance that the value or difference observed in the dataset would actually have been observed if there was no true difference in the population (that is, the entire set of persons or entities from which the data is drawn).

Crude rate

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.

Directly standardised rates

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.

Age specific rates

The rate measured for specific age groups. It is calculated by dividing the number of cases for a given age group by the total number of persons in that particular age group. It is usually expressed as a rate per 100,000 population.

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.

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If you work for NHS Islington, take a look at our intranet pages here:

<http://nww.islington.nhs.uk/pages/level1page.asp?id=489&L1=8>