

# Health and Wellbeing in Lambeth

A summary of our Health and Wellbeing Joint Strategic Needs Assessment 2009 Report

## What is this?

This briefing note provides an overview of the health and wellbeing of Lambeth's population. It is a summary of the findings from Lambeth First's Health and Wellbeing Joint Strategic Needs Assessment 2009 Report.

## Our Joint Health and Wellbeing Assessment

All Local Councils and their partner NHS Primary Care Trusts are required to undertake a health and wellbeing 'joint strategic needs assessment' (JSNA). In Lambeth this is led by our local strategic partnership, Lambeth First, which brings together the borough's public, private, voluntary and community sectors to achieve better outcomes for the people of the borough, including improved health and wellbeing.

By good health we mean a long and healthy life, both physically and mentally. By wellbeing we mean people's subjective views of how positive their life experience is for them and how enabled they feel to act in a way that fulfils their personal potential.

Our assessment considers five outcomes that are important for the health and wellbeing of Lambeth residents these are:

- Being healthy
- Staying safe
- Enjoying and achieving
- Economic wellbeing
- Making a positive contribution

Our assessment draws on a wide range of evidence including feedback from local people and services. It considers current issues and

future trends, and aims to ensure that by having one shared view of the health and wellbeing needs of the local population we will be better able to coordinate our response.

Our assessment is an ongoing process. As part of this we produce an annual report setting out overall progress and recommendations. We will also be producing a number of more detailed assessments and profiles looking at specific populations and issues. The section at the end of this note on *Taking Action* sets out how we will respond to the needs identified through this work.

## An Introduction to Lambeth

Lambeth is a vibrant, densely populated inner London Borough with an ethnically diverse and relatively young population of over quarter of a million people. It is a borough with lots to offer, with many cultural attractions, vibrant town centres and a diverse economy.

Like many inner London boroughs, Lambeth is a place of extremes. Many workers are educated to degree level and over half of the workforce has professional jobs. However the borough also has a high proportion of economically inactive people and the number on key benefits is high.

Whilst many Lambeth residents have lived their whole life in the borough, the area also has the second highest level of population mobility in the country, with around 10% of residents moving in and 10% moving out of the area every year. A significant number of people who have newly arrived in the UK are also attracted to Lambeth and settle here.

## Health and Wellbeing in Lambeth

Whilst in many ways the health and wellbeing of people in Lambeth is continuing to improve and is better than it has ever been, major challenges remain.

The good news is that the majority of Lambeth residents are happy, rate their health well and like the area in which they live. People in the borough are living longer than ever before and recent years have seen improvement in most health and social characteristics. The gap between Lambeth and the national average has also reduced in a number of areas.

However, whilst there has been much progress, there are clear areas where we need to improve. Large numbers of Lambeth residents still experience much lower levels of health and wellbeing than the national or London average, mainly as a result of high deprivation in the borough, and there are also significant inequalities in health and wellbeing within Lambeth.

We have identified ten areas where we need to achieve improvements in the way we deliver services to ensure good health and wellbeing for Lambeth residents. These are:

- HIV and Aids
- Sexual health
- Mental health
- Housing support for vulnerable people
- Learning disability
- Emotional wellbeing
- Safeguarding children
- Healthy eating in children and young people
- "Personalisation" of health and care services

- Safeguarding adults

A brief summary of recent progress and key areas where challenges remain is set out below.

### Progress

- The gap in life expectancy and infant mortality between Lambeth and England has narrowed
- Teenage pregnancy rates though still high have fallen at a faster rate than nationally since 2003
- Crime levels and the number of young people involved in crime have reduced
- The proportion of young people doing well at school continues to improve
- Lambeth delivers good outcomes for adult social care users
- Public satisfaction with health services is good and increasing
- Lambeth's voluntary sector is large and active
- Growing numbers have participated in a consultation with the partnership and nearly half of residents feel they can influence local decision making

### Challenges

- Despite improvement, life expectancy in Lambeth is still below the national average, the main causes of death are cancer, heart attack and stroke
- Infant mortality though improving remains relatively high
- Lambeth has the highest level of HIV in the country
- Lambeth residents are more likely to have poor sexual health than nationally
- Lambeth has one of the highest levels of mental health need in London
- Despite improvements, the teenage pregnancy rate is

still higher than in most London boroughs

- The number of Lambeth residents who are homeless or living in temporary accommodation is high
- A high proportion of children in Lambeth are worried about 'their future', 'getting into trouble', 'their parents or family' or 'crime'
- The proportion of children who do not eat healthily or exercise enough is high, and the proportion who are obese is high and increasing
- The economic recession seems to have hit Lambeth residents hard with more concerned about 'lack of jobs' than across the rest of inner London
- The proportion of children and young people living in poverty is higher than the national average
- Crime rates in Lambeth, though falling, are still generally higher than the rest of the country with particularly high levels of domestic and drug related offences and youth offending
- The proportion of Lambeth residents who smoke is much higher than the national level
- Compared to other areas a high proportion of people misuse alcohol and drugs

### Our 2009 Report

Our 2009 Report sets out a detailed analysis of health and wellbeing in the borough and makes recommendations on actions Lambeth First partners need to take to achieve further improvements. These are set out under our five key outcomes:

- Being healthy
- Staying safe
- Enjoy and achieve
- Making a positive contribution
- Economic wellbeing

Recommendations have been

made under first four outcomes. Recommendations around the economic wellbeing outcome will be made through our Local Economic Assessment to be published in summer 2010. For each outcome the needs of people of different ages and of the most vulnerable in society have been considered, with recommendations for:

- Children and young people
- Working age adults
- Older people
- Vulnerable people

Finally, the types of recommendation in the report have been broken down into three kinds:

- Strategic – where major changes are needed
- Operational - how existing services could do more
- Technical – where further data/analysis is needed

### Taking Action

The Lambeth First Partnership will be setting out actions to address the needs identified through the JSNA in our Lambeth First sustainable community strategy, health and wellbeing framework and children and young people plans, available at our website: [www.lambethfirst.org.uk](http://www.lambethfirst.org.uk)

Our partners are also committed to responding to the issues highlighted here. This includes Lambeth Council and NHS Lambeth, with actions detailed in their corporate plans at the websites below:

[www.lambeth.gov.uk](http://www.lambeth.gov.uk)  
[www.lambeth.nhs.uk](http://www.lambeth.nhs.uk)

### Further information

The full 2009 Report and supplementary documents are available on the Lambeth First website [www.lambethfirst.org.uk/jsna](http://www.lambethfirst.org.uk/jsna) For other queries please email: [jsna@lambeth.gov.uk](mailto:jsna@lambeth.gov.uk).