

Joint Strategic Needs Assessment 2022

Section 5: Impact of behaviour on health

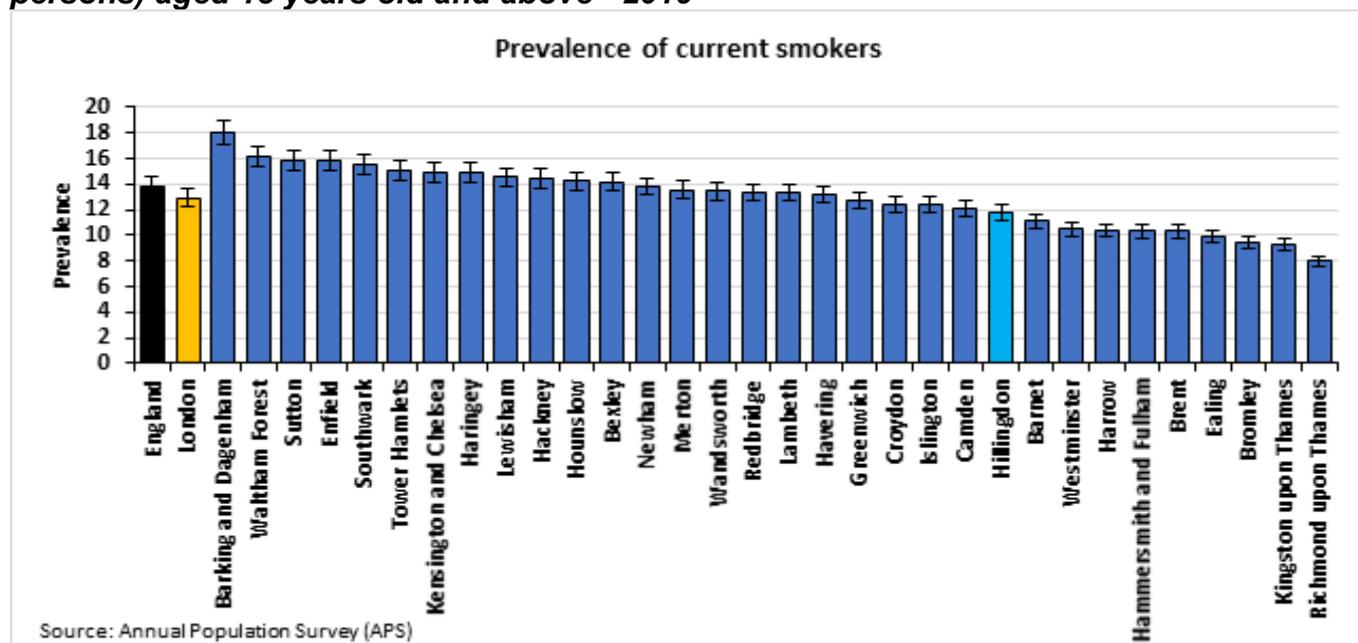


5 – Impact of behaviour on Health

Smoking

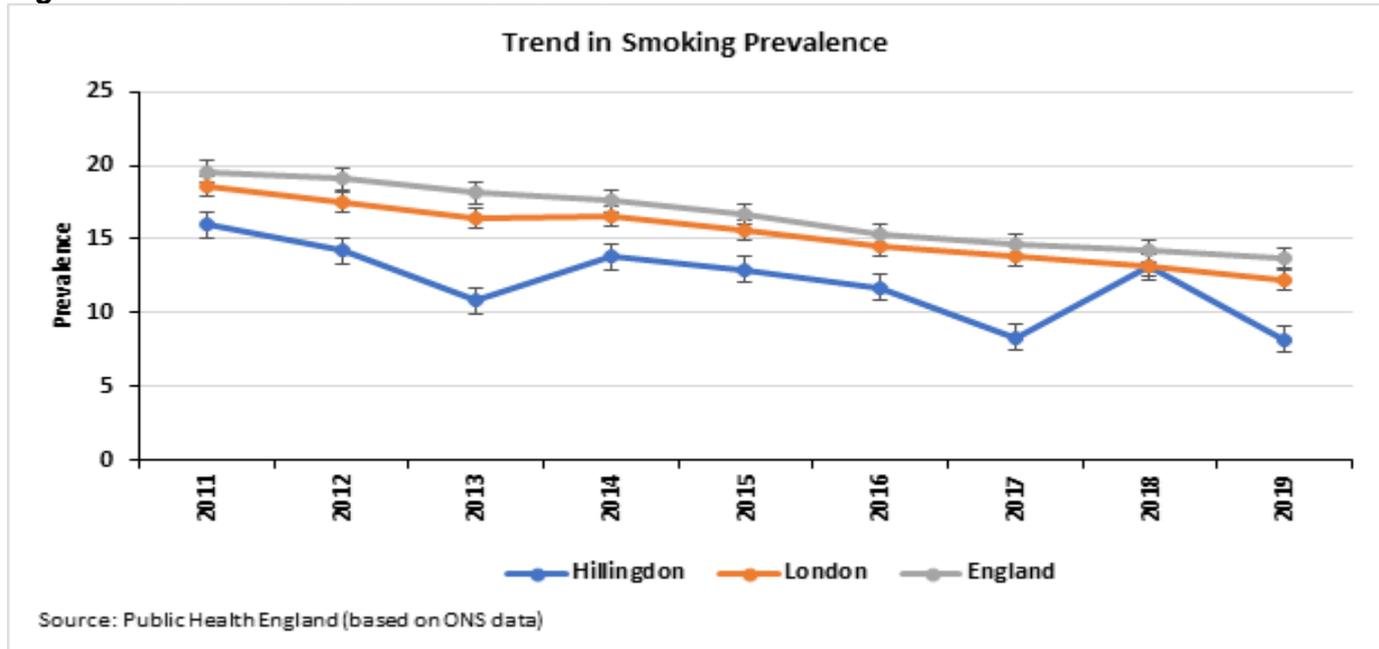
The prevalence of current adult (18 years and above) smokers was slightly lower in Hillingdon than in London and England in 2019.

Figure 1 Figure 1 Smoking prevalence (%) of current adult smokers (all persons) aged 18 years old and above - 2019



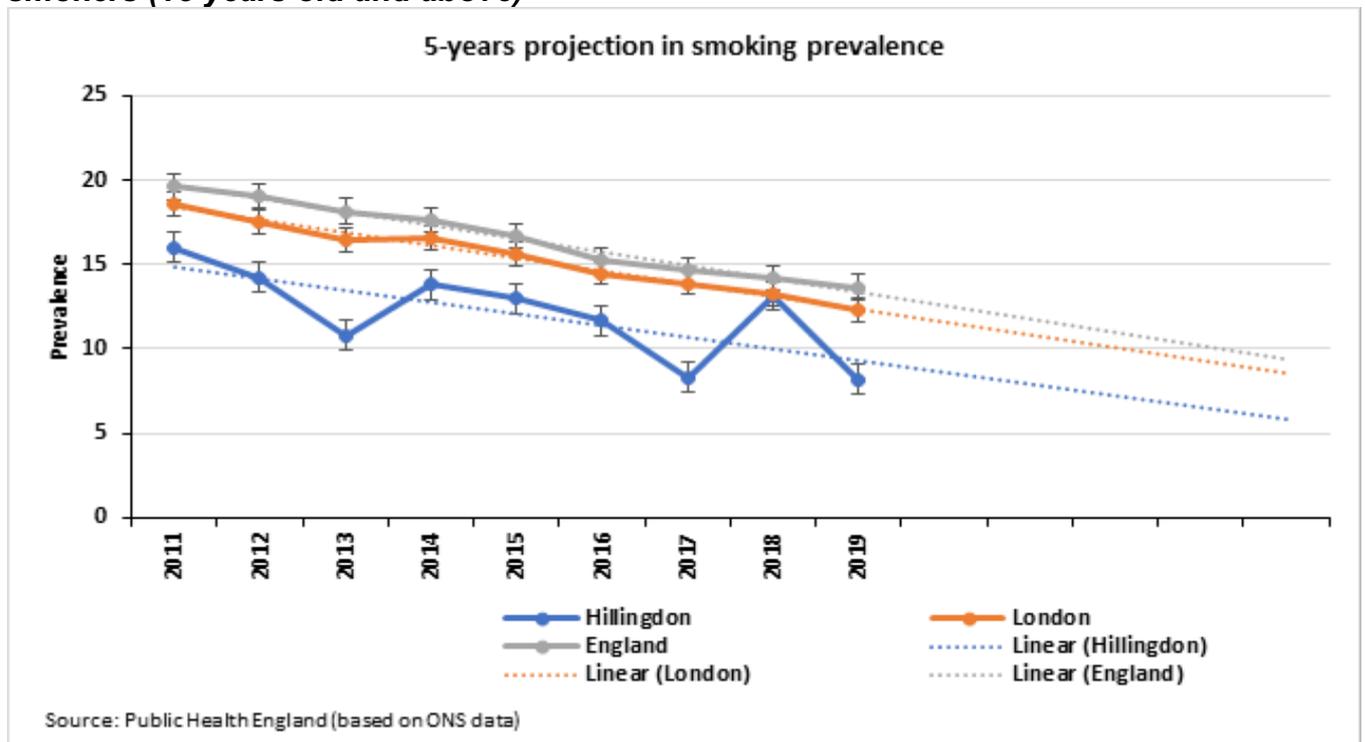
The prevalence declined steadily from 2014 to 2017 and increased in 2018.

Figure 2 Trend in current adult smokers



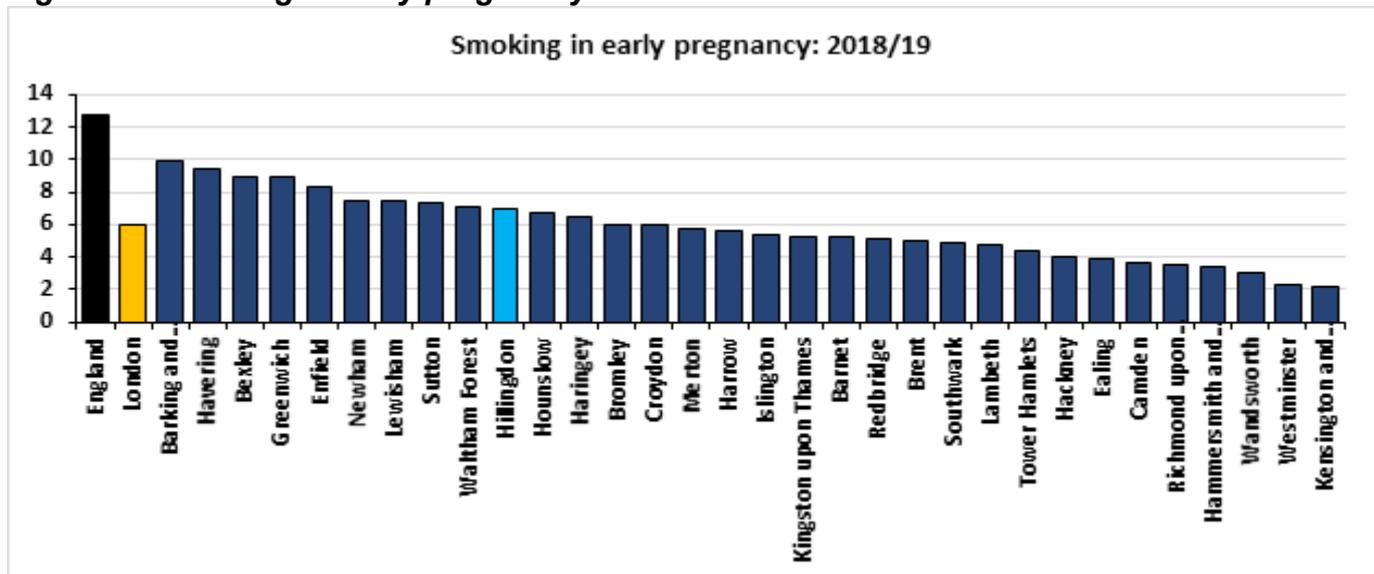
The prevalence of current adult smokers is projected to decline continuously over the next 5 years.

Figure 3 5-years projection in smoking prevalence among current adult smokers (18 years old and above)



The proportion of females smoking in early pregnancy in Hillingdon (6.92) was higher than London (6.03) but lower than England's proportion (12.76) in 2018/19.

Figure 4 . Smoking in early pregnancy: 2018/2019.



The proportion of smokers at the time of delivery was higher in Hillingdon than London values, and lower than England values in 2019/20.

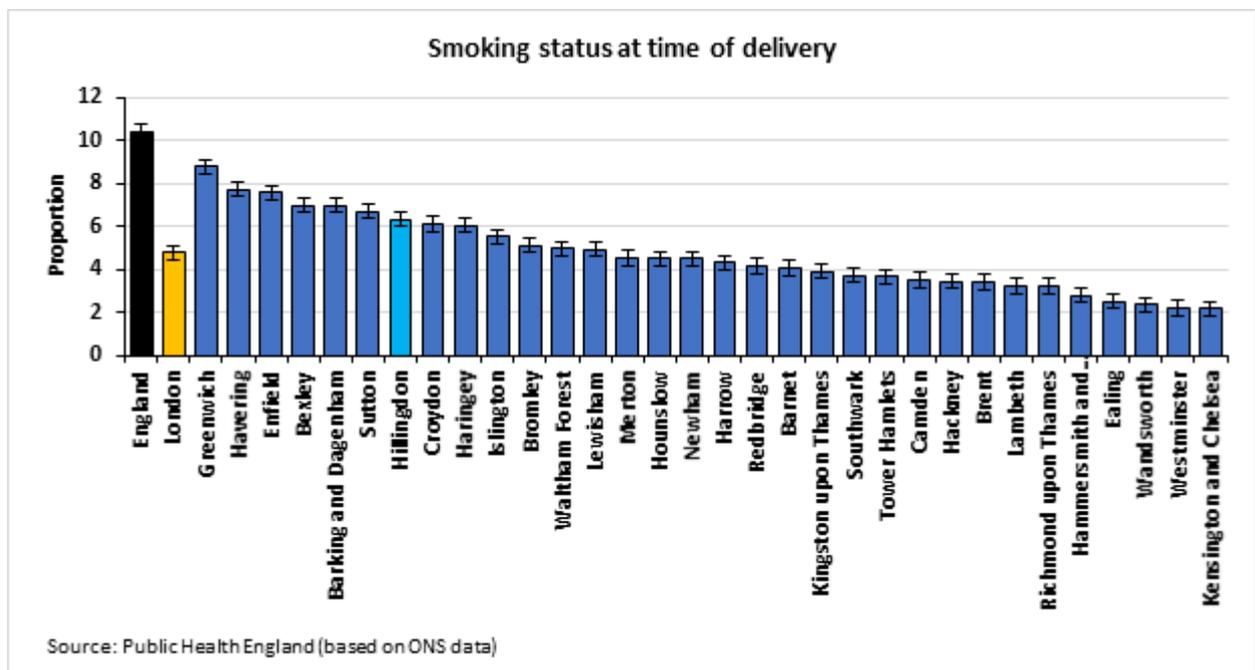
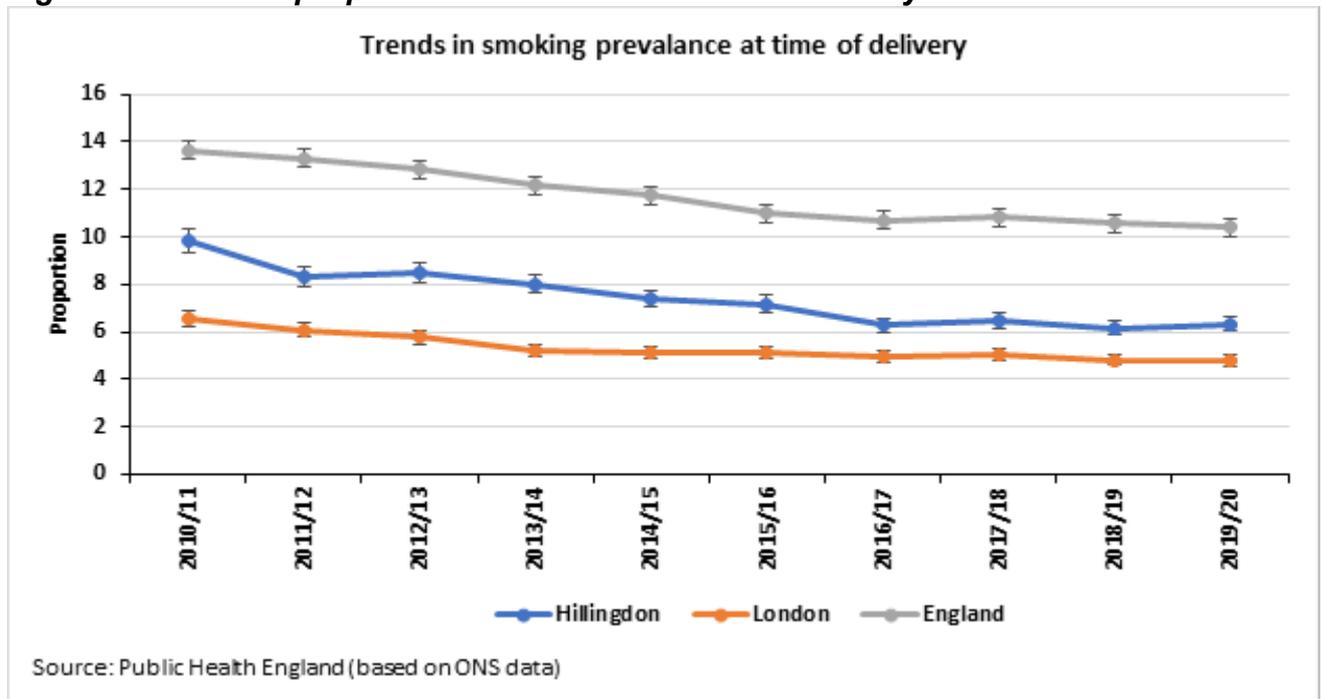


Figure 134. Proportion of smokers at time of delivery in London Borough: 2019/20

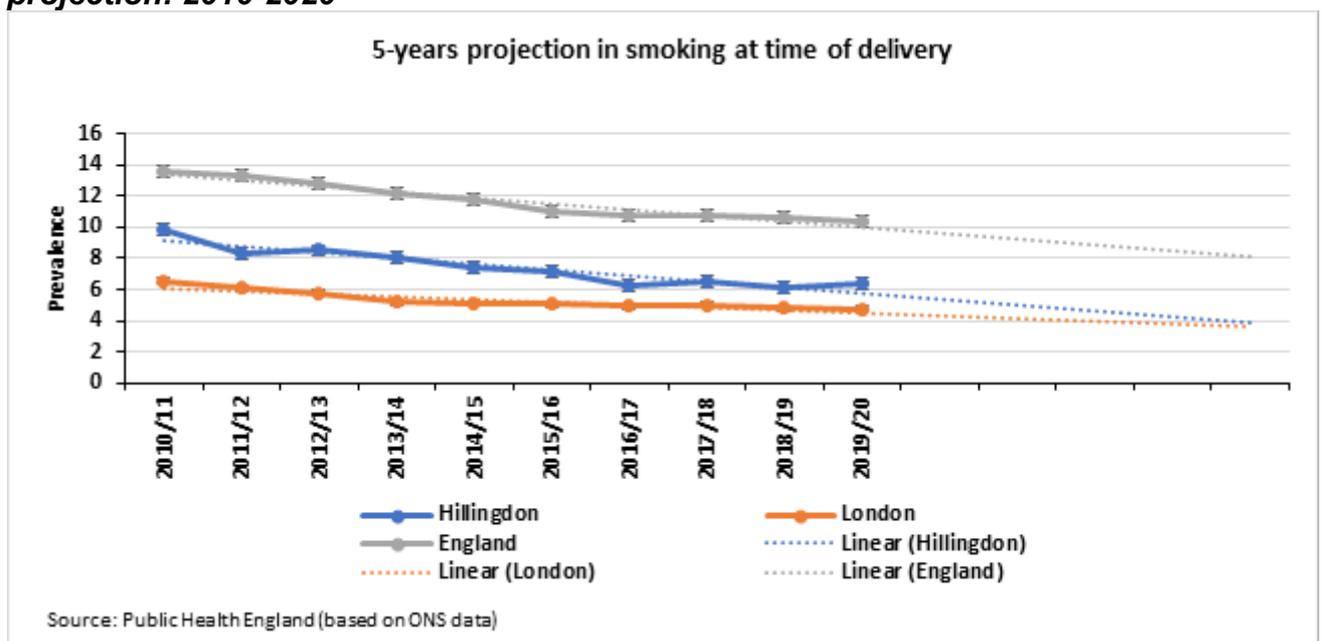
The proportion of smoking at time of delivery has decreased since 2010/11, but not steadily over the period

Figure 5 Trends in proportion of smokers at time of delivery: 2010-2020



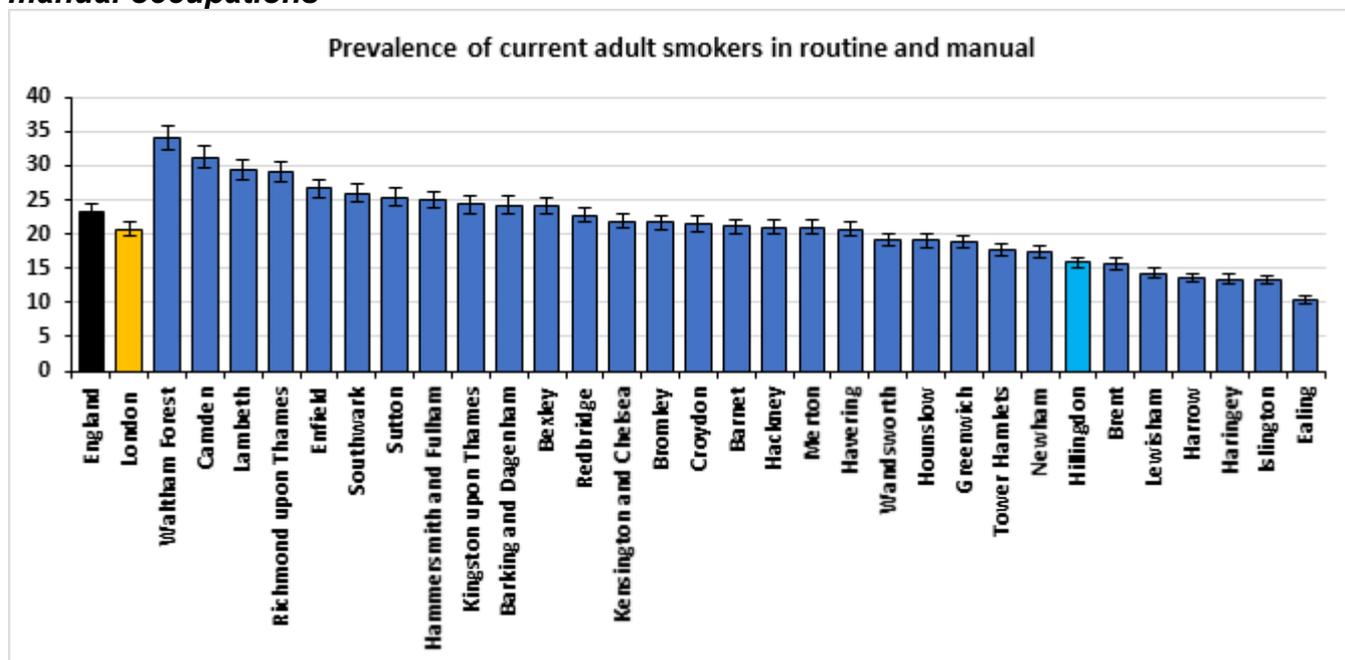
Smoking at time of delivery is projected to decline over the next 5 years.

Figure 6 Five years projection in proportion of smokers at time of delivery projection: 2010-2020



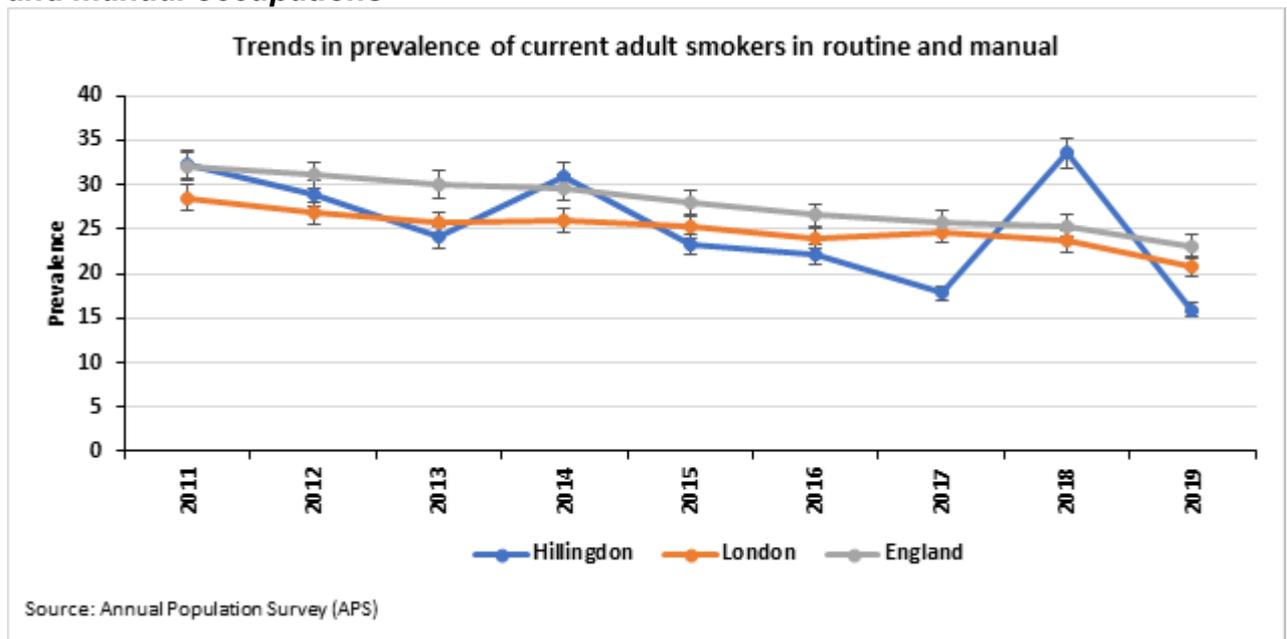
The proportion of current adult smokers in routine and manual occupations was lower in Hillingdon than in London and England in 2019.

Figure 7 Prevalence of current adult (18-64 years) smokers in routine and manual occupations



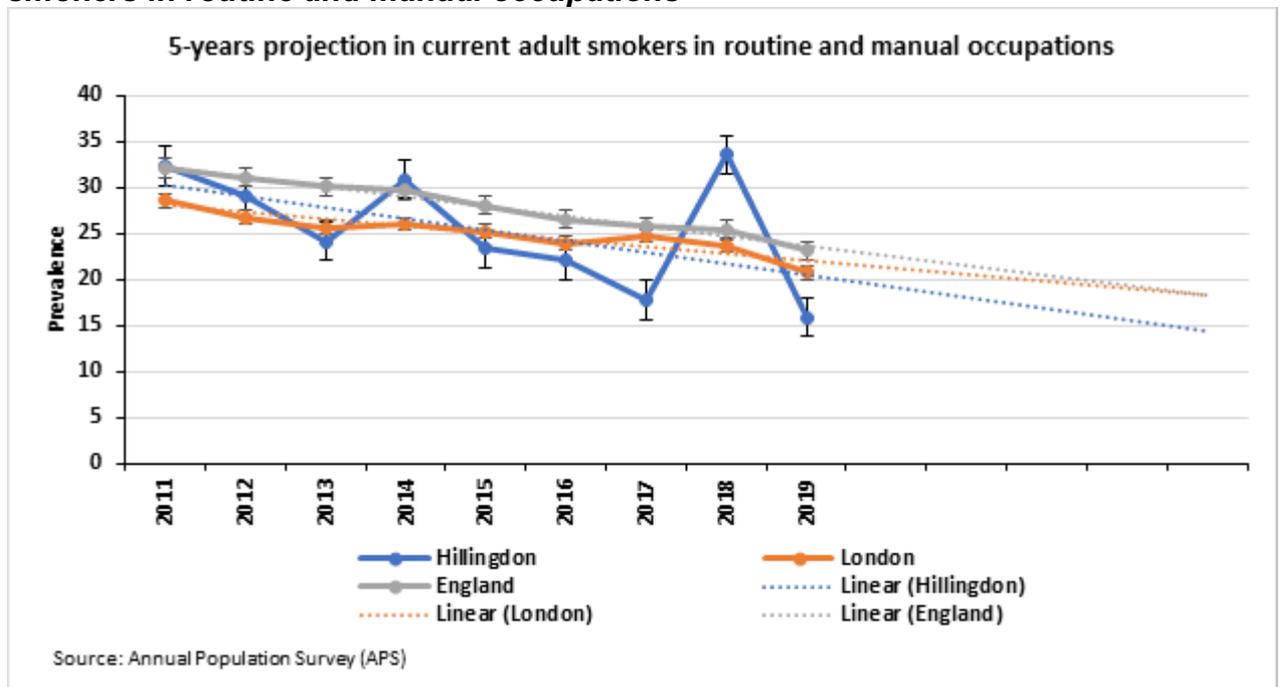
The proportion of smokers in routine and manual occupations increased in 2014 and 2018, with the values higher than England and London.

Figure 8 Trend in prevalence of current adult (18-64 years) smokers in routine and manual occupations



The proportion is expected to decrease in the next five years.

Figure 9 Five-years projection in prevalence of current adult (18-64 years) smokers in routine and manual occupations



Alcohol

Admission episodes for alcohol-specific conditions under 18s for both male and female is lower in Hillingdon as compared to England (18 per 100,000 vs 31 per 100,000). The trend in Hillingdon shows it is decreasing as well.

Figure 10 Admission episodes for alcohol-specific conditions under 18 years.

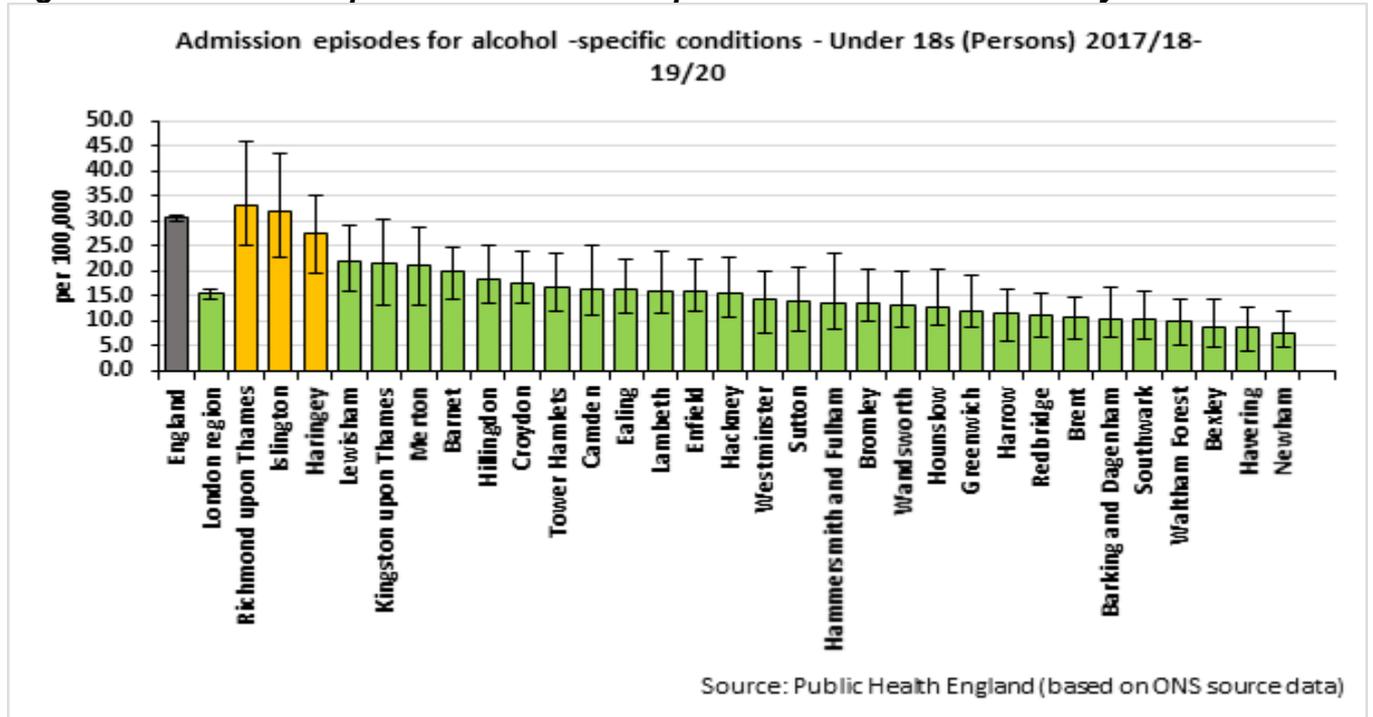
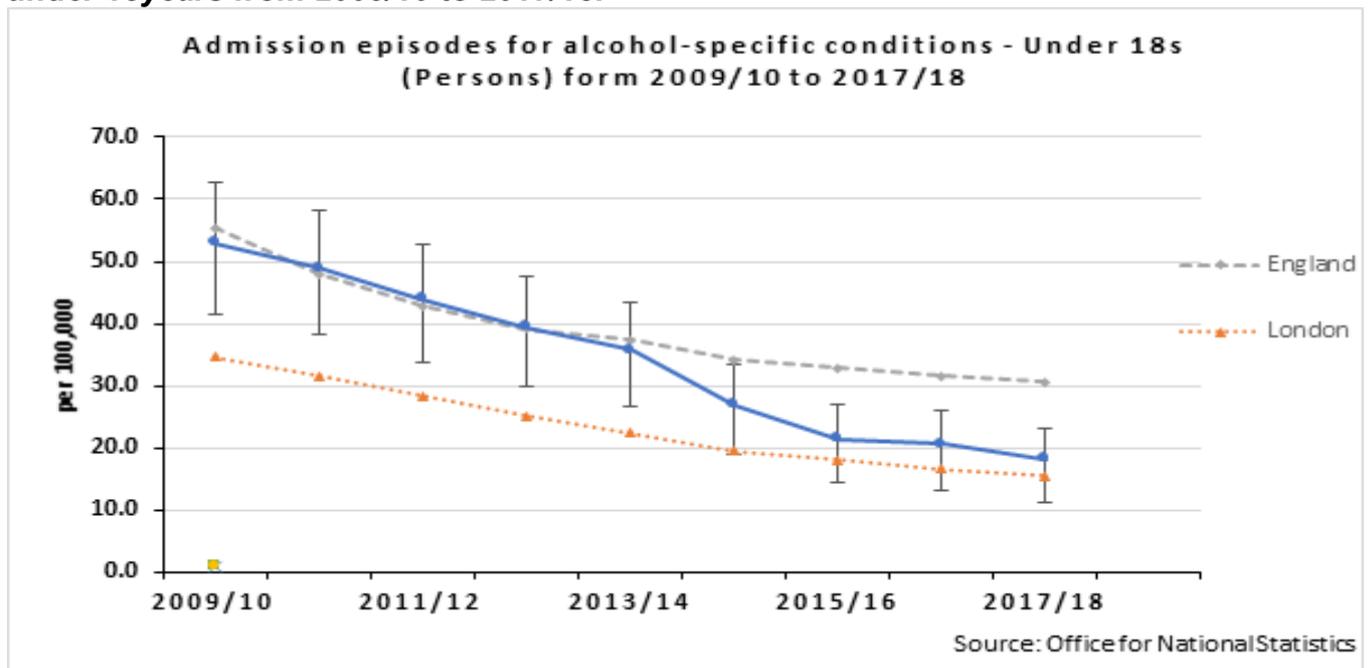


Figure 11 Trend in admission episodes for alcohol-specific conditions for under 18years from 2009/10 to 2017/18.



Alcohol specific conditions for males

The alcohol specific admission for males was somewhat similar for both Hillingdon and London during 2019/20.

The trend for Hillingdon shows it is rising since 2009/10. It was 744 per 100,000 in 2009/10 and 858 per 100,000 in 2019/20.

Figure 12 Admission episodes for alcohol-specific conditions for all ages males in 2019/20.

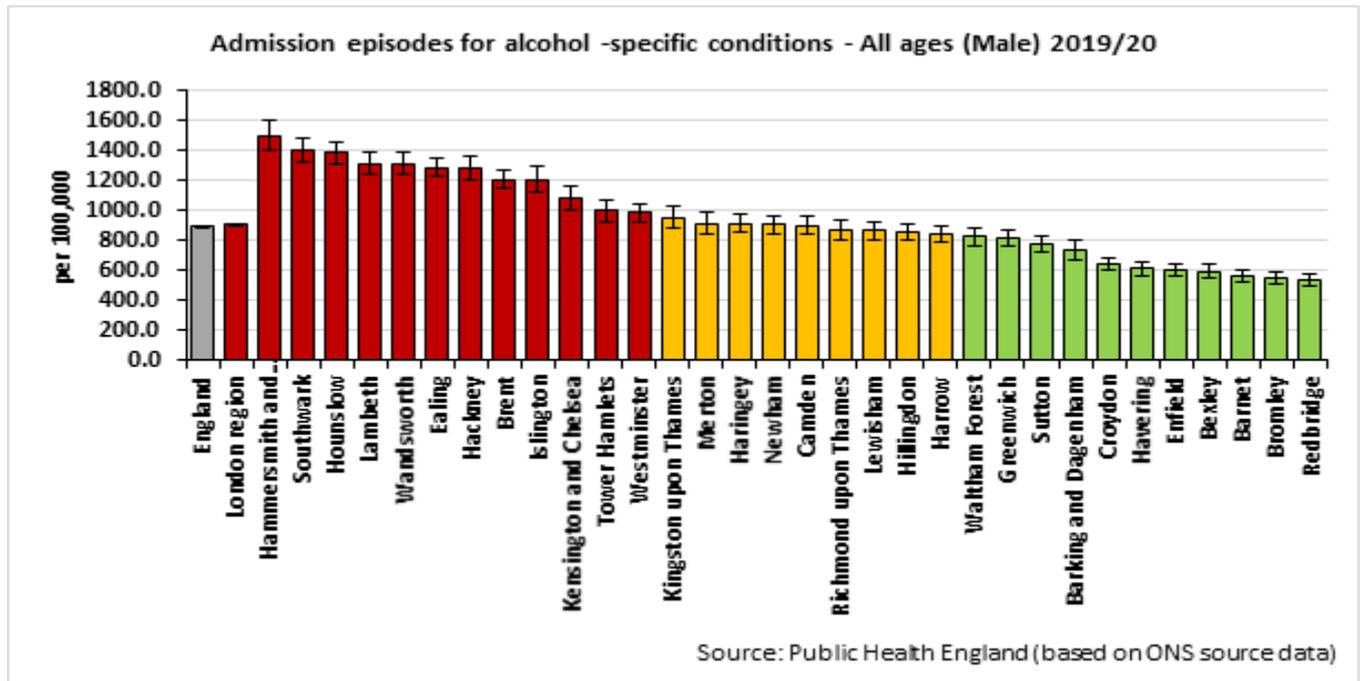
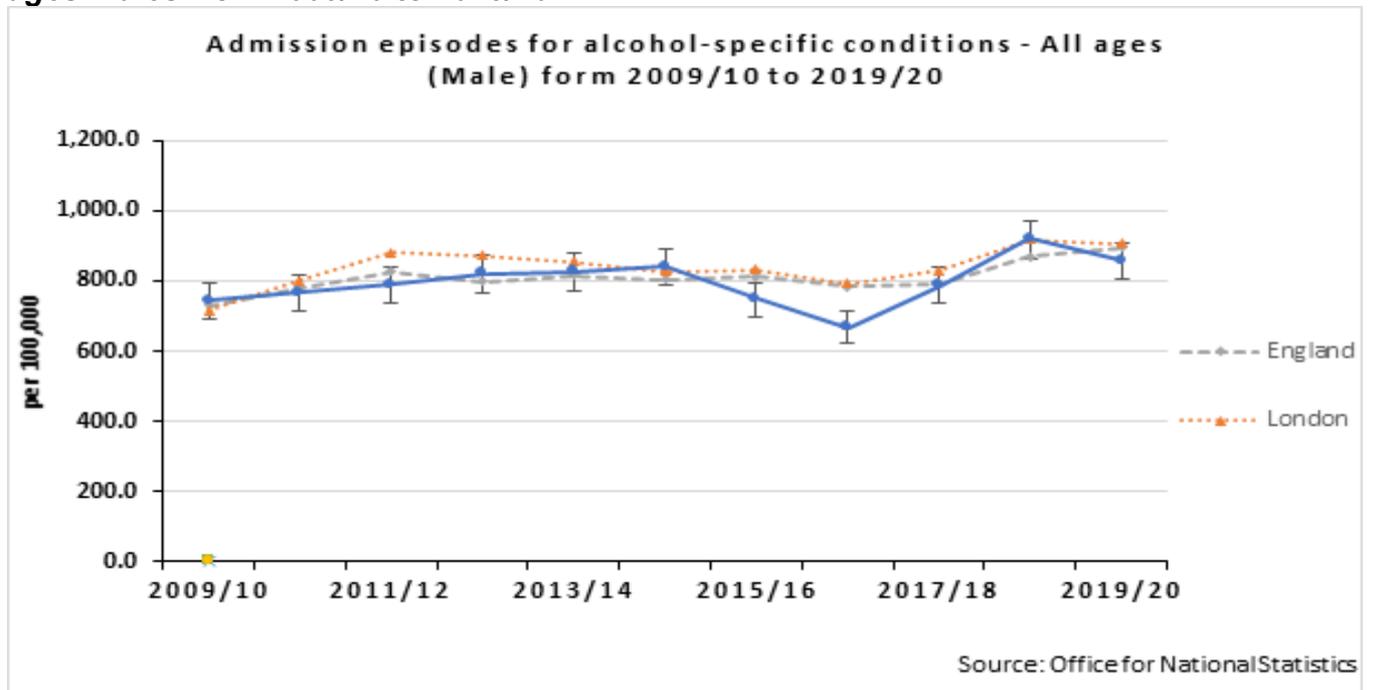


Figure 13 Trend in admission episodes for alcohol-specific conditions for all ages males from 2009/10 to 2019/20.



Alcohol specific conditions for females

Admission for alcohol specific conditions for female is lower than England in Hillingdon however it is higher than London region and it is in increasing trend since 2009/10 for Hillingdon.

Figure 14 Admission episodes for alcohol-specific conditions for all ages females for 2019/20.

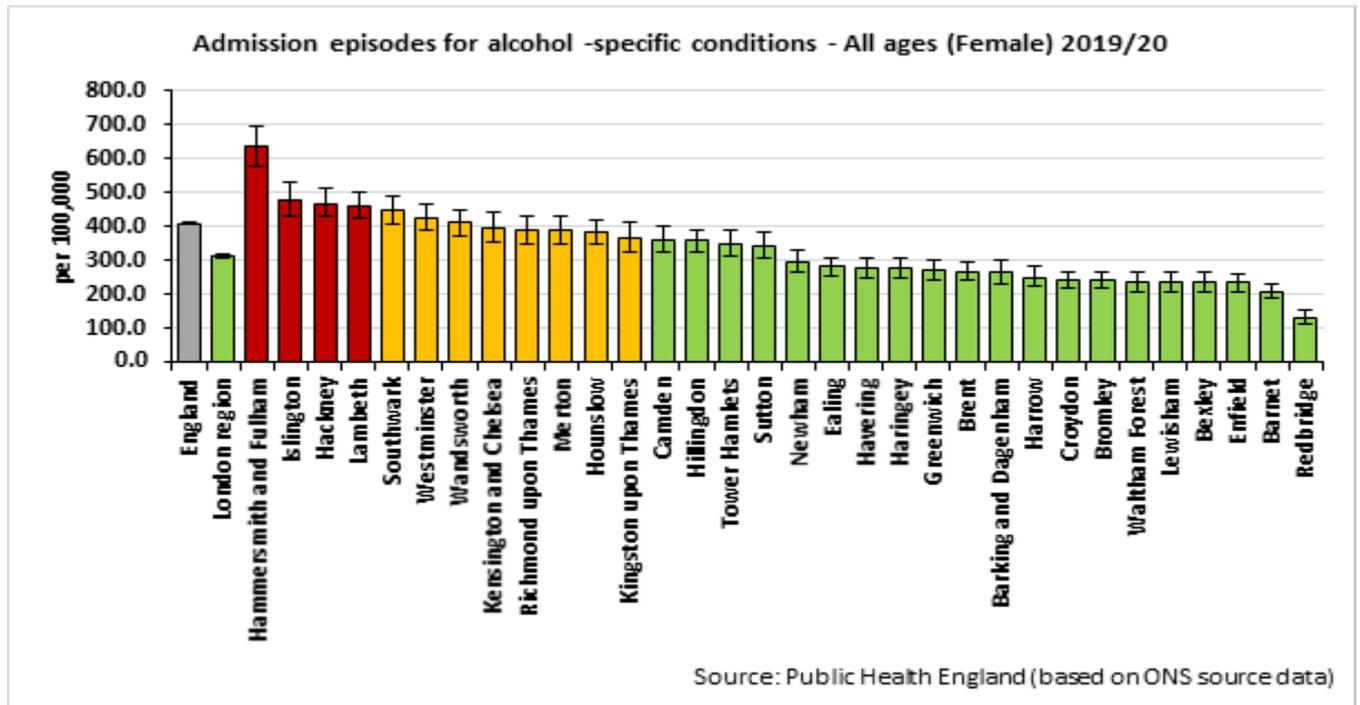
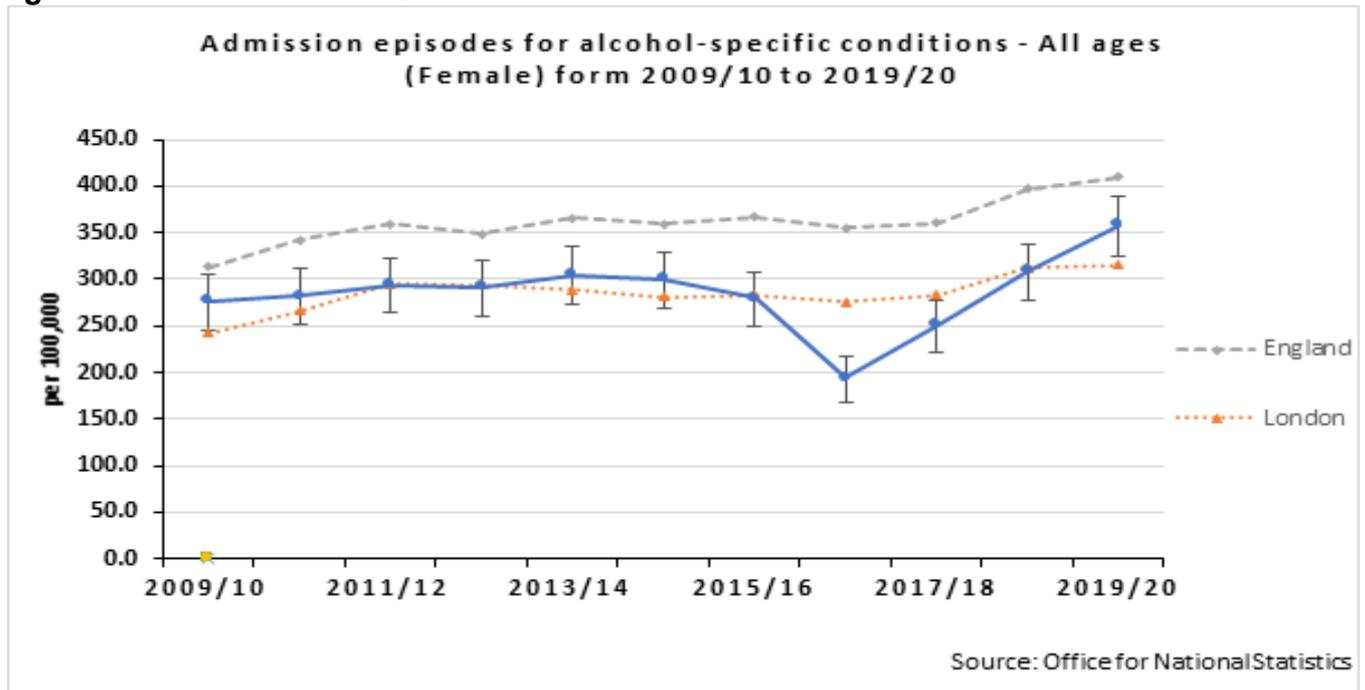


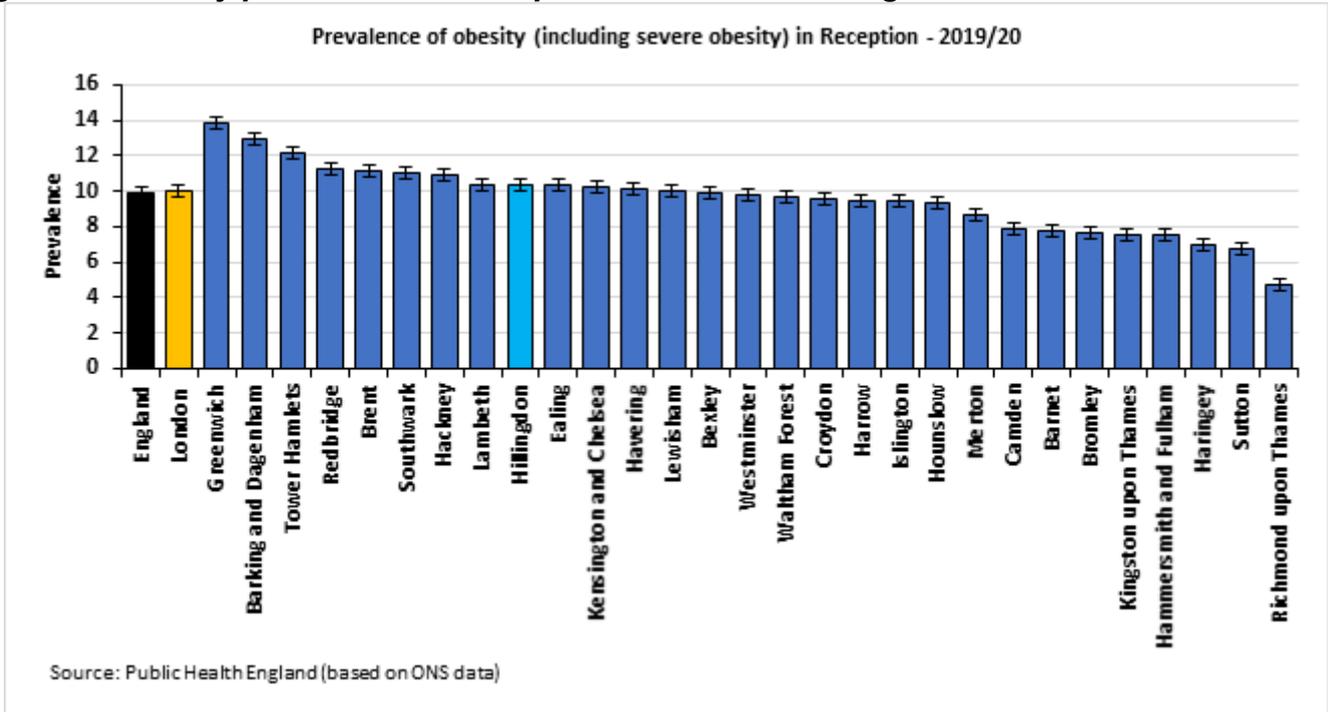
Figure 15 Trend in admission episodes for alcohol-specific conditions for all ages females for 2009/10 to 2019/20.



Obesity

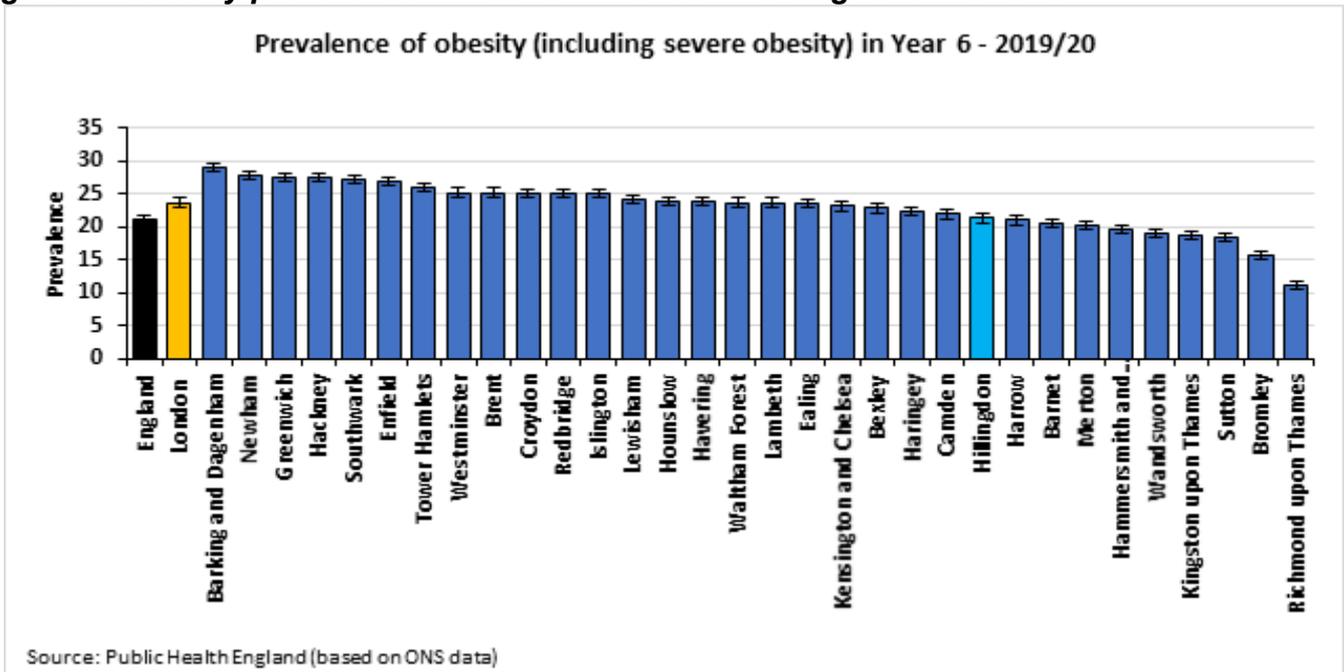
Obesity prevalence (proportion) in reception in 2019/20 in Hillingdon was higher than the England average.

Figure 16 Obesity prevalence in Reception in London Boroughs for 2019/20



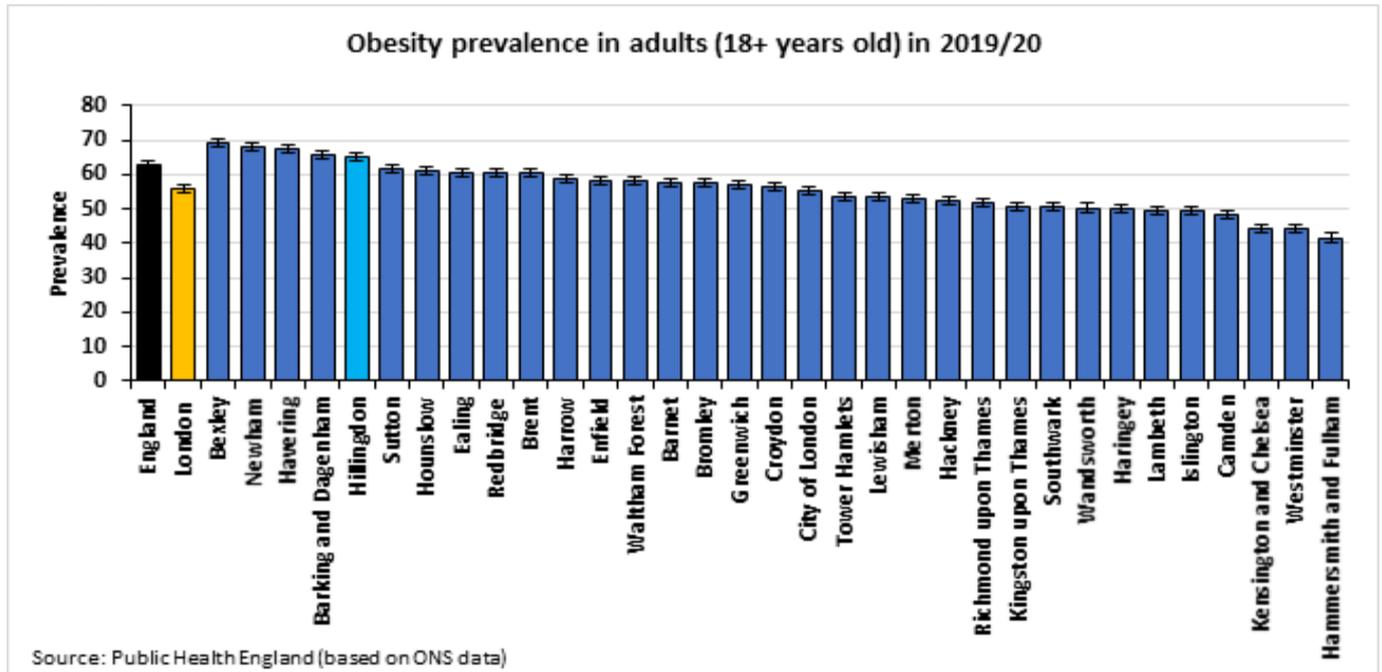
The prevalence of obesity in Year 6 was also higher in Hillingdon than the England average.

Figure 17 Obesity prevalence in Year 6 in London Boroughs for 2019/20



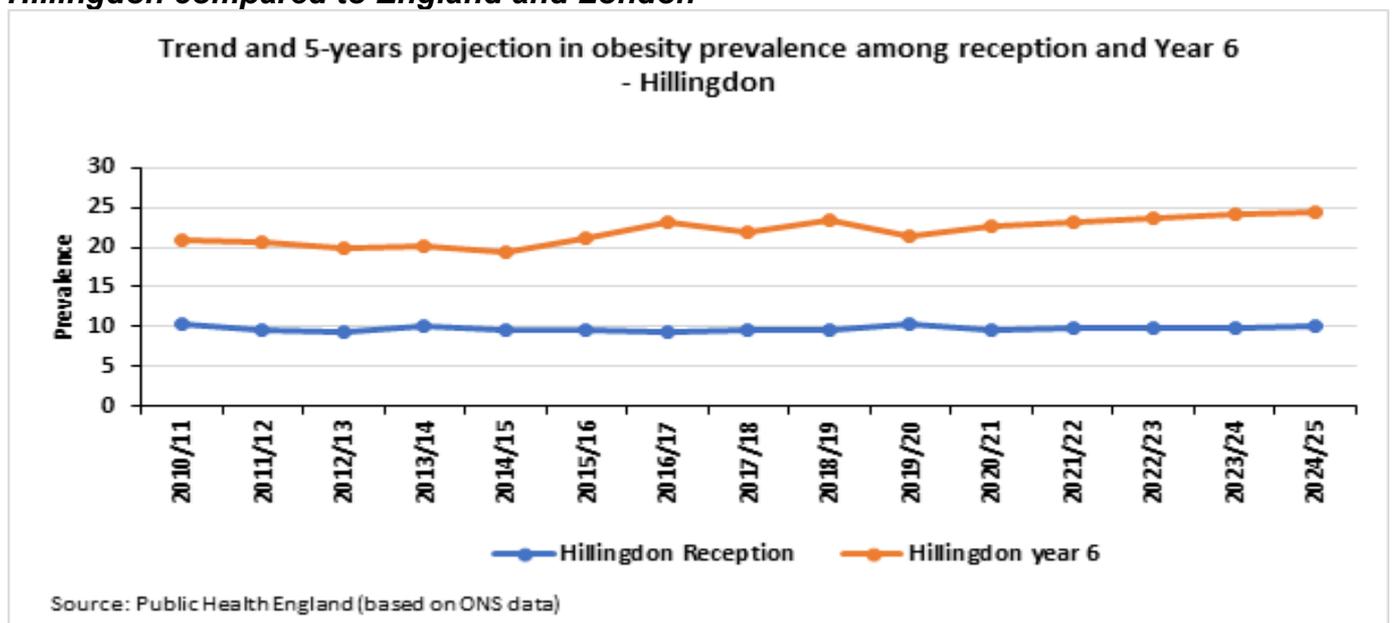
The proportion of adults overweight or obese in Hillingdon was higher than England and London values.

Figure 18 Obesity prevalence in adults aged 18 years and above in London Boroughs for 2019/20



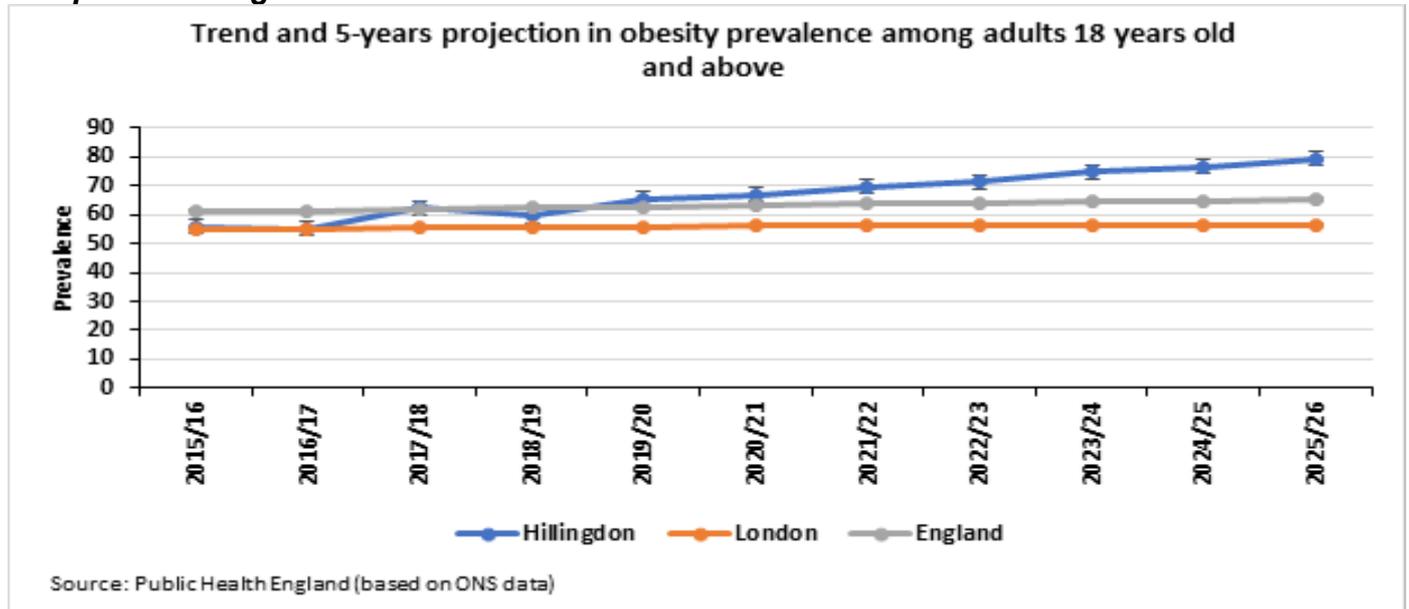
Obesity prevalence in Reception remained almost the same from 2010/11 to 2018/19 and increased slightly in 2019/20. It is, however, expected to reduce and remain the same from 2021 to 2024/25. For year 6, obesity prevalence showed a steady increase from 2015 to 2019, with a marginal drop in 2020 and is projected to increase over the next 5 years.

Figure 19 Trend and 5-years projection in obesity prevalence in reception and year 6 in Hillingdon compared to England and London



Among adults 18 years old and above, the obesity prevalence has increased since 2017, recording higher values than the London and England averages. This increase is expected to continue exponentially over the next 5 years.

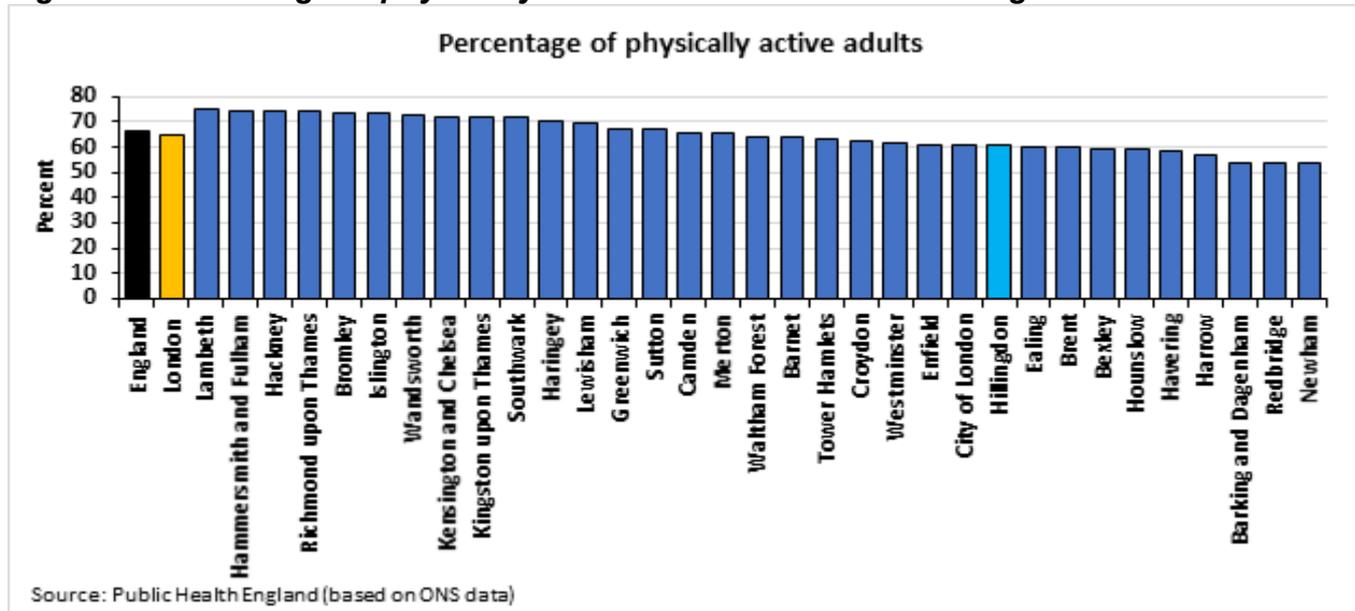
Figure 20 Five-years obesity trends in adults aged 18 years old and above in Hillingdon compared to England and London



Physical activity and inactivity

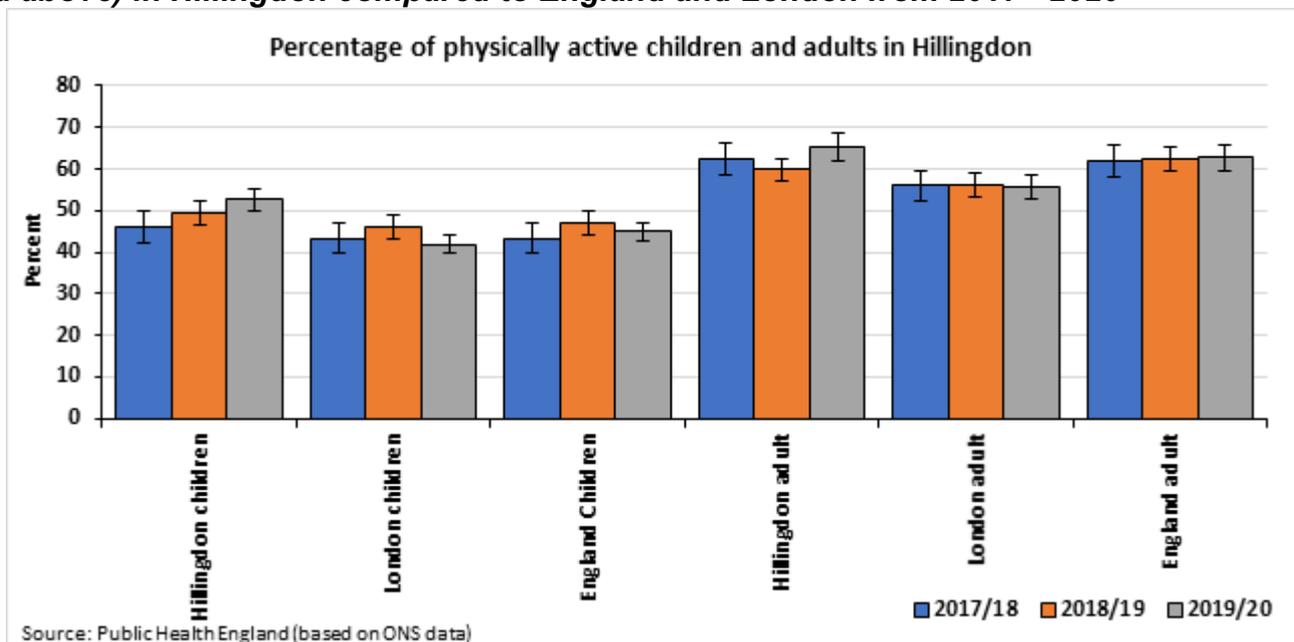
The percentage of physically active adults in Hillingdon was lower than in England and in London.

Figure 21 Percentage of physically active adults in London Borough: 2019/20



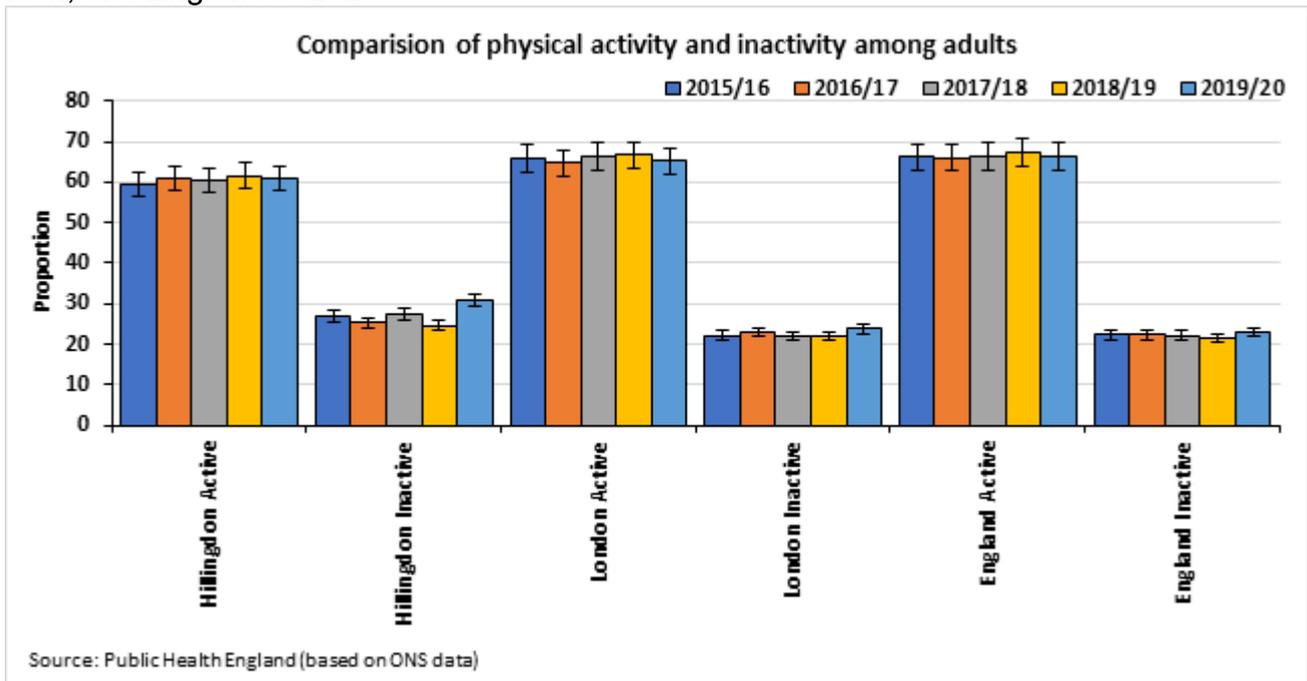
The percentage of physically active children and adults (15+ years) in Hillingdon in 2019/20 was higher than in London and in England

Figure 22 Percentage of physically active children (5-16 years old) and adults (19 years old and above) in Hillingdon compared to England and London from 2017 - 2020



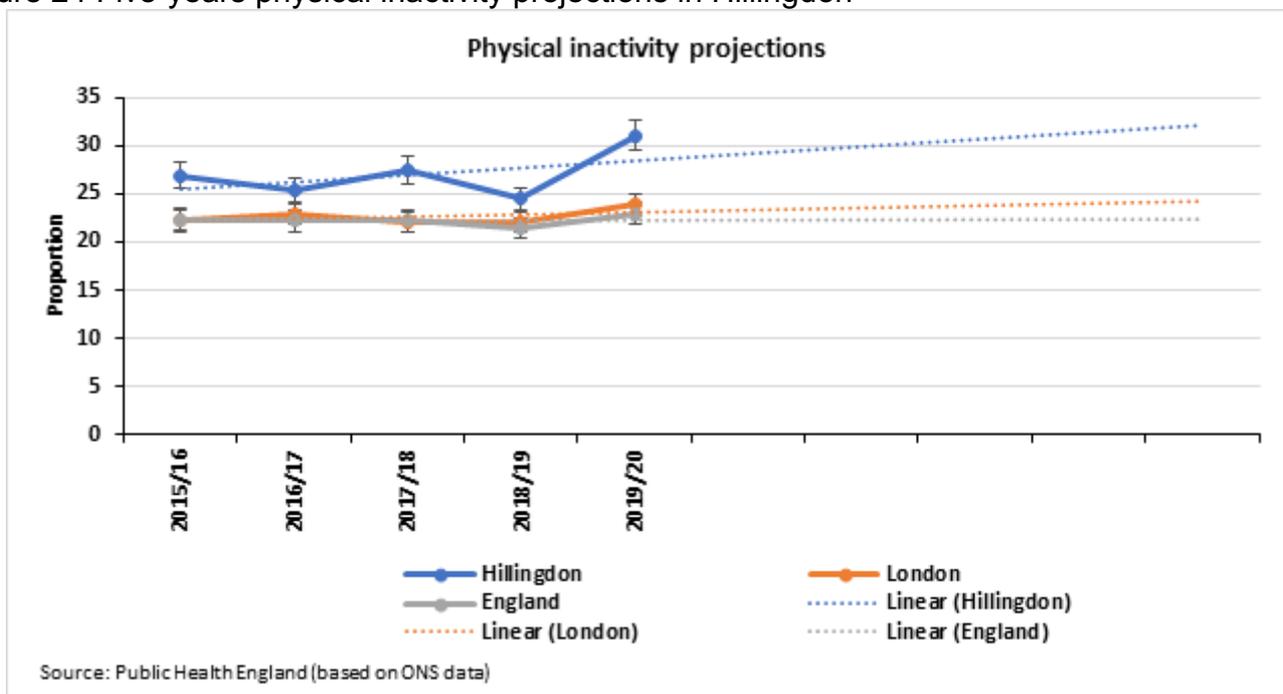
There are more physically active than inactive adults in Hillingdon; however, their proportion has been lower than England's proportion from 2016 to 2019.

Figure 23 Comparison of physically active and inactive adults (19+years old) in Hillingdon, London, and England in 2020



The proportion of physically inactive adults in Hillingdon is projected to increase over the next 5 years. That of London and England is also expected to increase, but at a lower rate than Hillingdon's.

Figure 24 Five-years physical inactivity projections in Hillingdon



Violent crime including sexual violence

The number of emergency hospital admissions for violence in Hillingdon seems similar to data from whole England and London region.

This indicator enables a focus on the interventions that are effective and evidence-based including a greater focus on prevention and treatment, which need to be considered alongside criminal justice measures for a balanced response to the issue.

The trend in Hillingdon also seems comparable to England and London during the timeline, however, if we compare to 2009 and 2017, it shows a decreasing trend in Hillingdon.

Figure 25 Hospital admissions for violence including sexual violence, persons, All ages for year 2017/18 - 19/20.

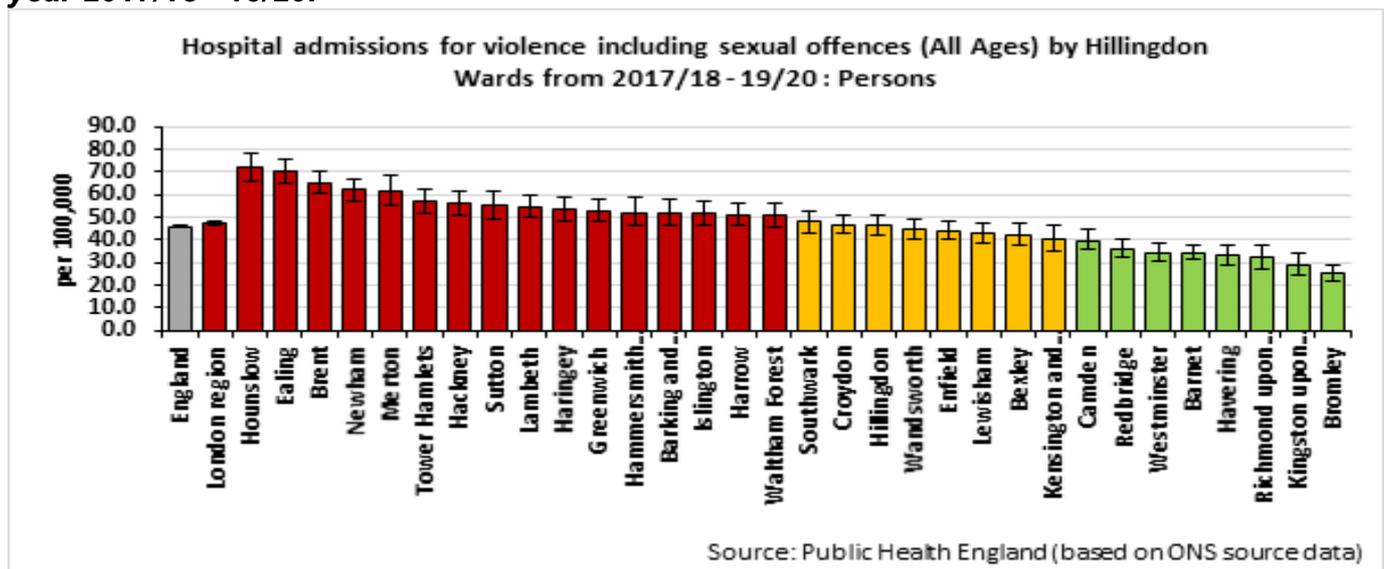
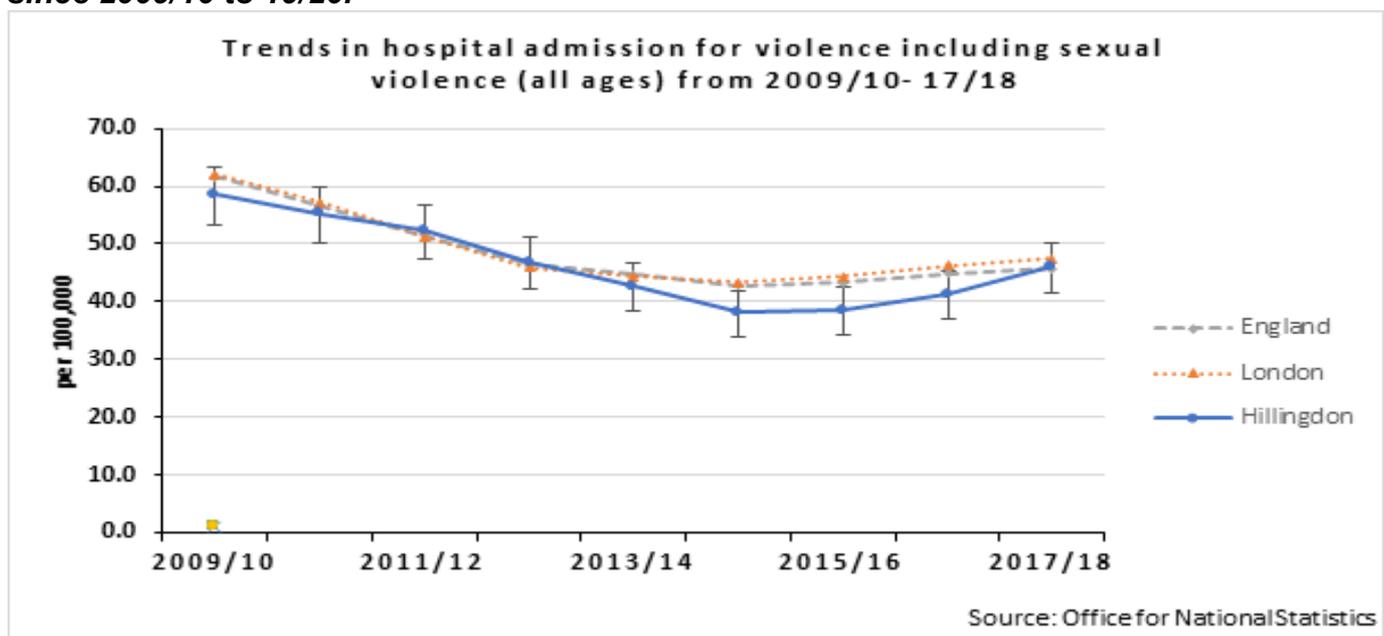


Figure 26 Trend in hospital admissions for violence (including sexual violence) for all ages since 2009/10 to 19/20.



Unintentional and deliberate injuries in Children aged 0-14 years

Injuries are a leading cause of hospitalisation and represent a major cause of premature mortality for children and young people. They are also a source of long-term health issues, including mental health related to experience(s). The number in Hillingdon (70 per 100,000) seems smaller as compared to England (91 per 100,000) however it is higher if we look at the London hospital admissions (67 per 100,000).

The trend for Hillingdon since 2010 until 2019 shows a decreasing order for hospital admission caused by unintentional and deliberate injuries in children aged 0 -14 years. It was around 98 per 100,000 in 2010/11 and 70 per 100,000 in 2018/19 for Hillingdon.

Figure 27 Hospital admissions caused by unintentional and deliberate injuries in children aged 0 to 14 years in 2019/20.

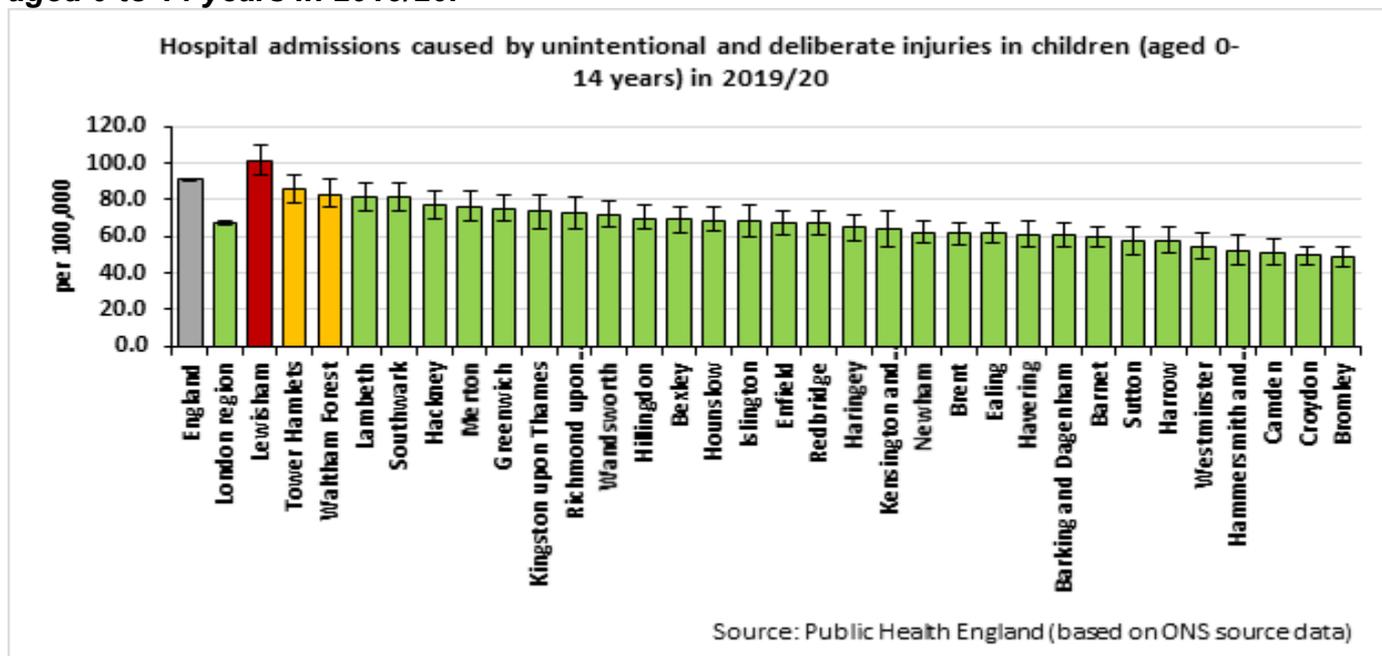
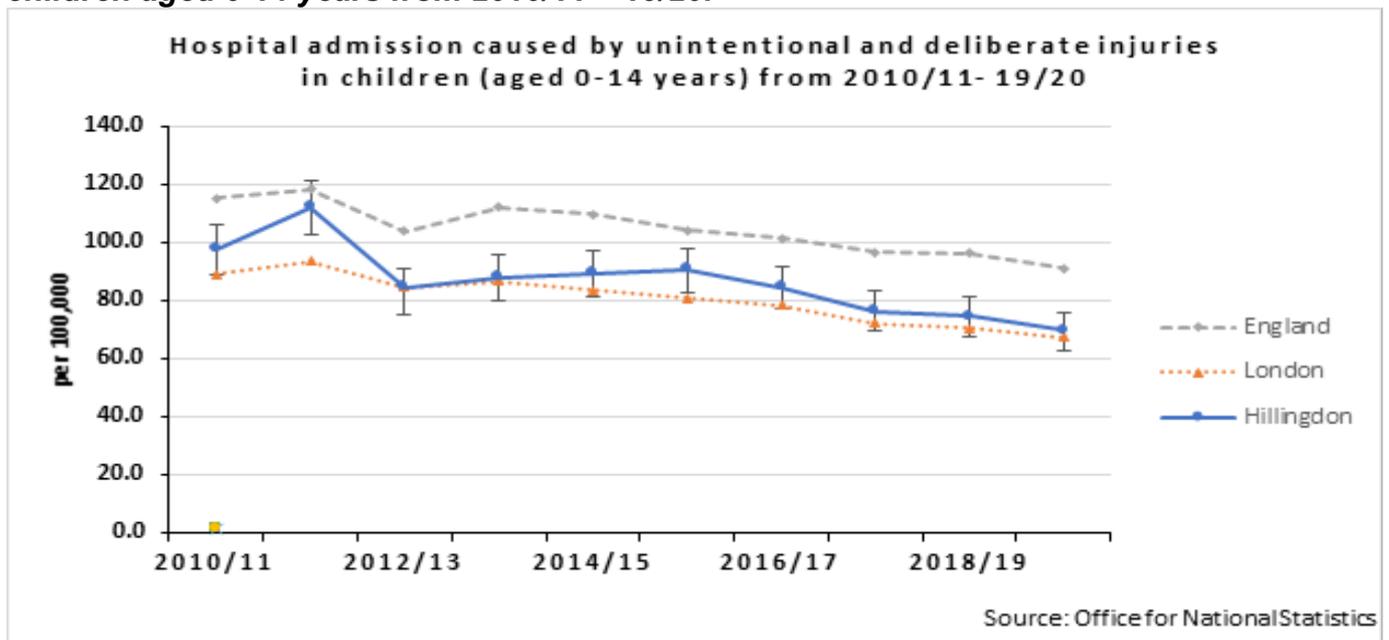


Figure 28 Trend in hospital admissions caused by unintentional and deliberate injuries in children aged 0-14 years from 2010/11 – 19/20.



Unintentional and deliberate injuries in children aged 15-24 years

The hospital admission for the children of the age group 15 – 24 years in Hillingdon (97 per 100,000) is less as compared to England (132 per 100,000) in 2019/20.

The trend for Hillingdon is decreasing from 2010/11 to 2019/20. It was 150 per 100,000 in 2010/11 and 97 per 100,000 in 2018/19.

Figure 29 Fig 21: Hospital admission caused by unintentional and deliberate injuries in children aged 15-24 years in 2019/20.

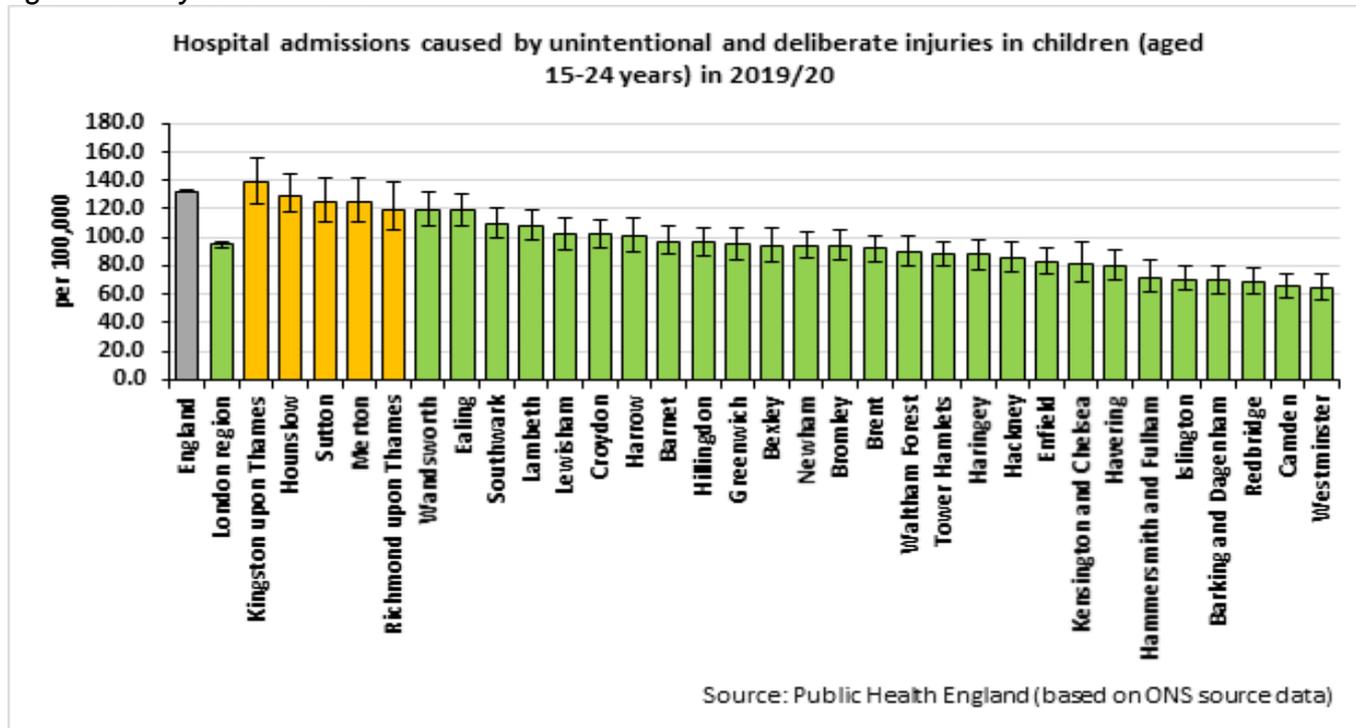
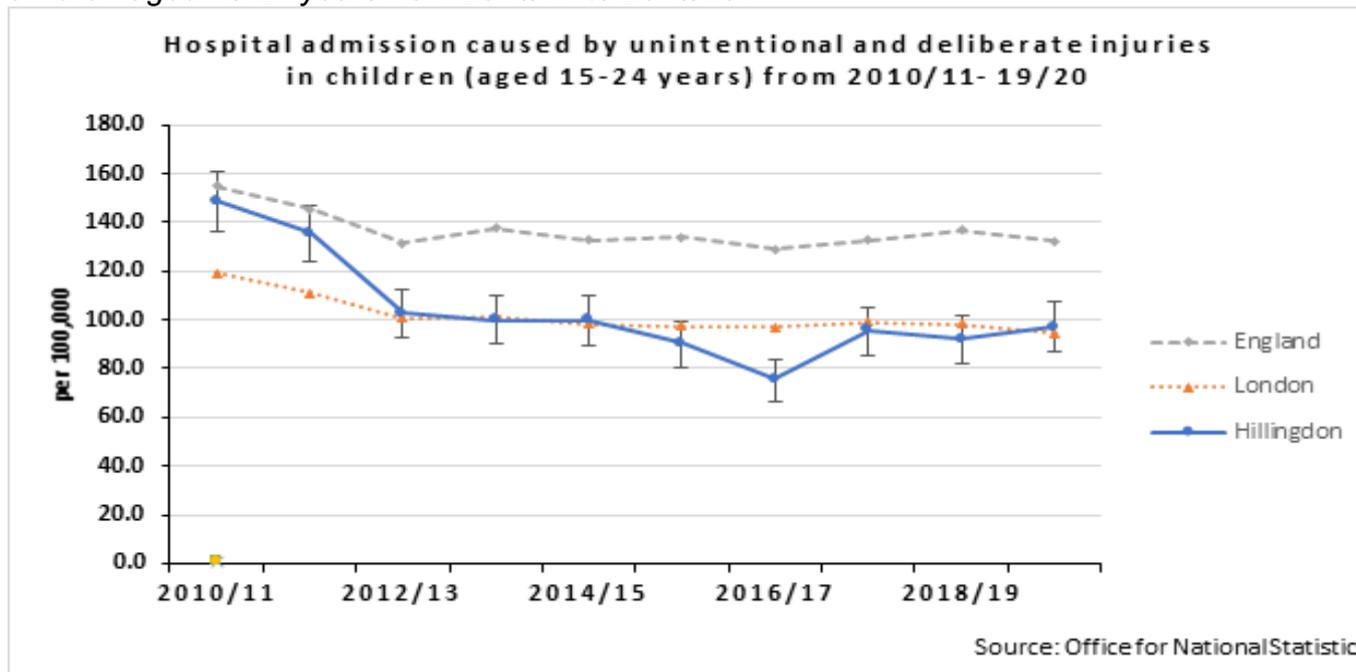


Figure 30 Fig 22: Trend in Hospital admission caused by unintentional and deliberate injuries in children aged 15-24 years from 2010/11 to 2019/20.



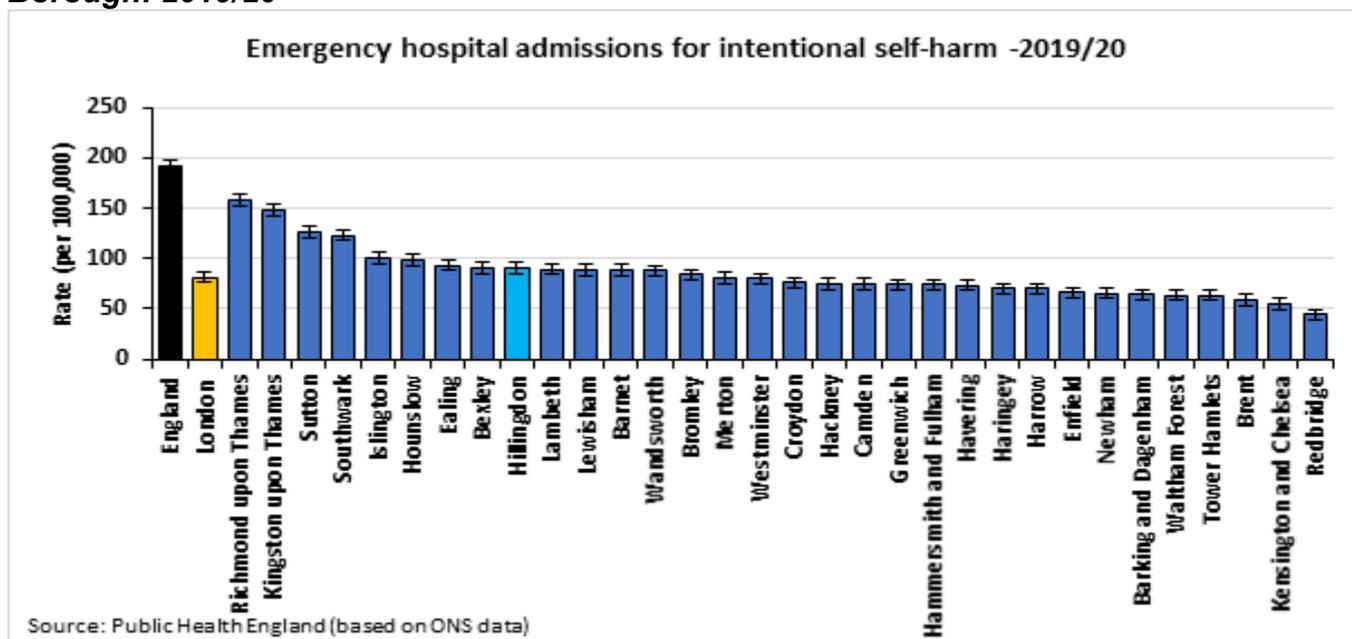
Intentional Self-Harm

It is important to look into the incidence of intentional self-harm requiring emergency admission to hospital in order to monitor the public health programmes aiming to reduce the risk of self-harm and to improve the provision of services.

The number in Hillingdon (91 per 100,000) was smaller as compared to England (193 per 100,000) in 2019/20. The trend also shows a decreasing order for Hillingdon since 2011/12. It was 175 per 100,00 in 2011/12 and 97 per 100,000 in 2019/20.

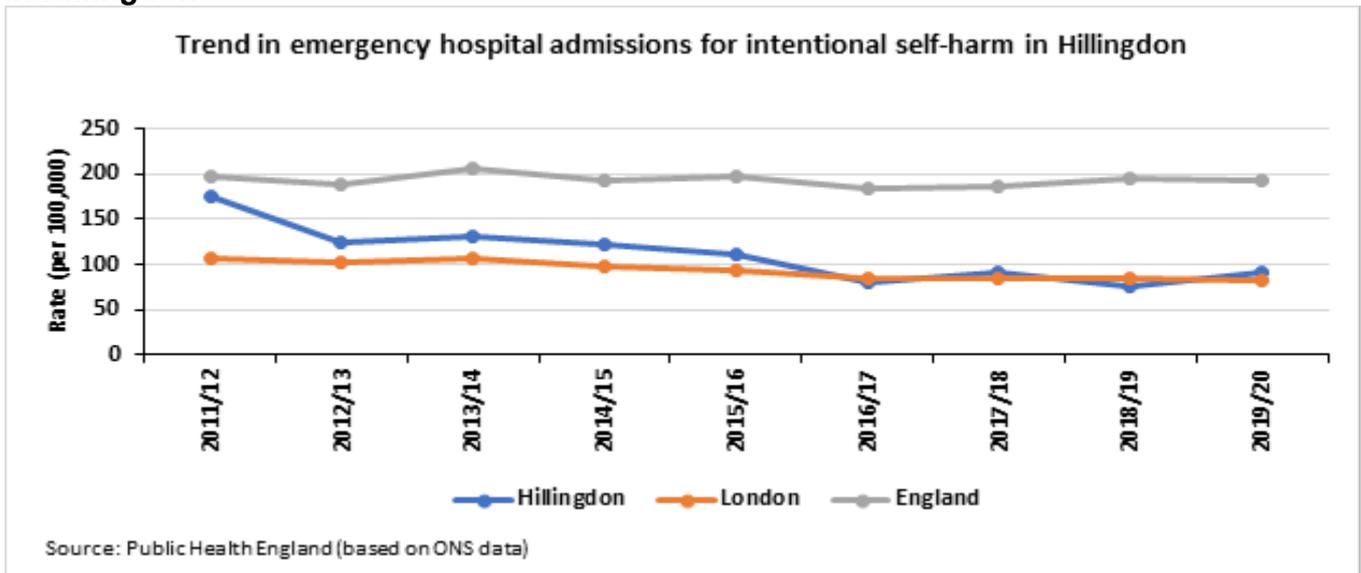
The directly standardised rate of emergency hospital admission for intentional self-harm in Hillingdon was lower than in London but higher than England's rate.

Figure 31 Emergency hospital admissions for intentional self-harm in all persons in London Borough: 2019/20



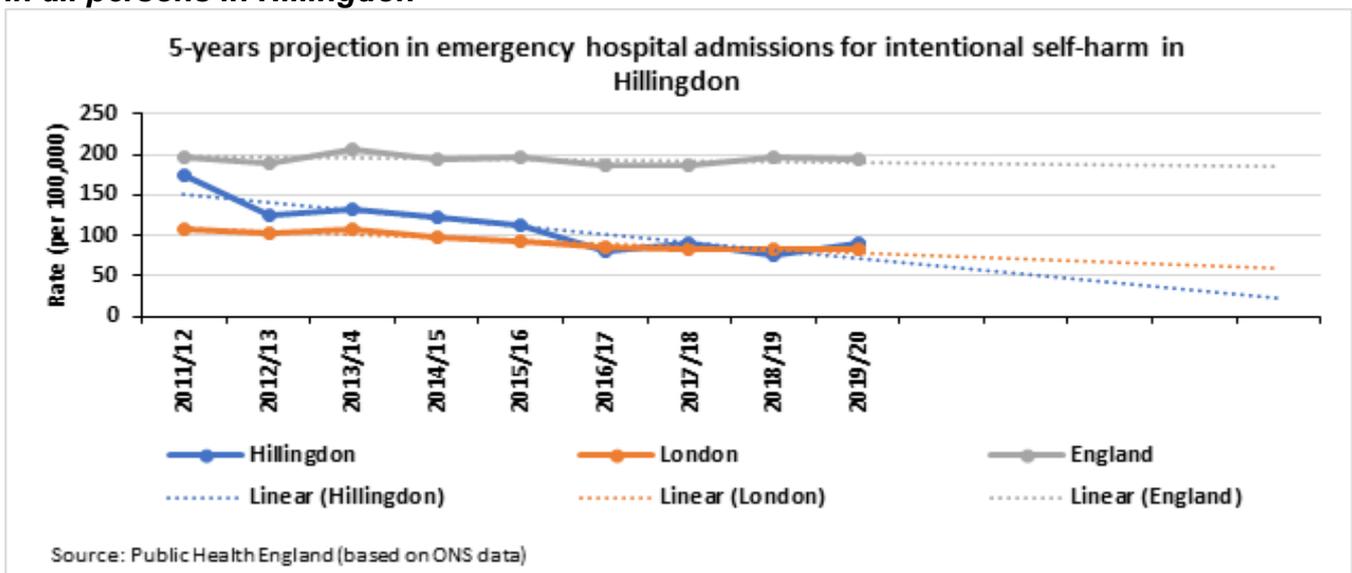
The emergency admission rate for intentional self-harm declined in 2018/19 and increased in 2019/20 in Hillingdon.

Figure 32 Trend in emergency hospital admissions for intentional self-harm in all persons in Hillingdon



The rate of emergency hospital admission for self-harm in Hillingdon is expected to decline in the next 5 years.

Figure 33 Five-years projection in emergency hospital admissions for intentional self-harm in all persons in Hillingdon



Self-harm in children

Hospital admissions for self-harm in children have increased in recent years for England and with links to other mental health conditions such as depression, the emotional causes of self-harm may require psychological assessment and treatment.

For Hillingdon, the statistics is lower as compared to England in 2019/20 but it is higher than London region.

The trend also shows that for Hillingdon it decreasing since 2011/12. It was 270 per 100,000 in 2011/12 and 203 per 100,000 in 2019/20.

Figure 34 Hospital admissions as a result of self-harm for 10 to 24 years in 2019/20.

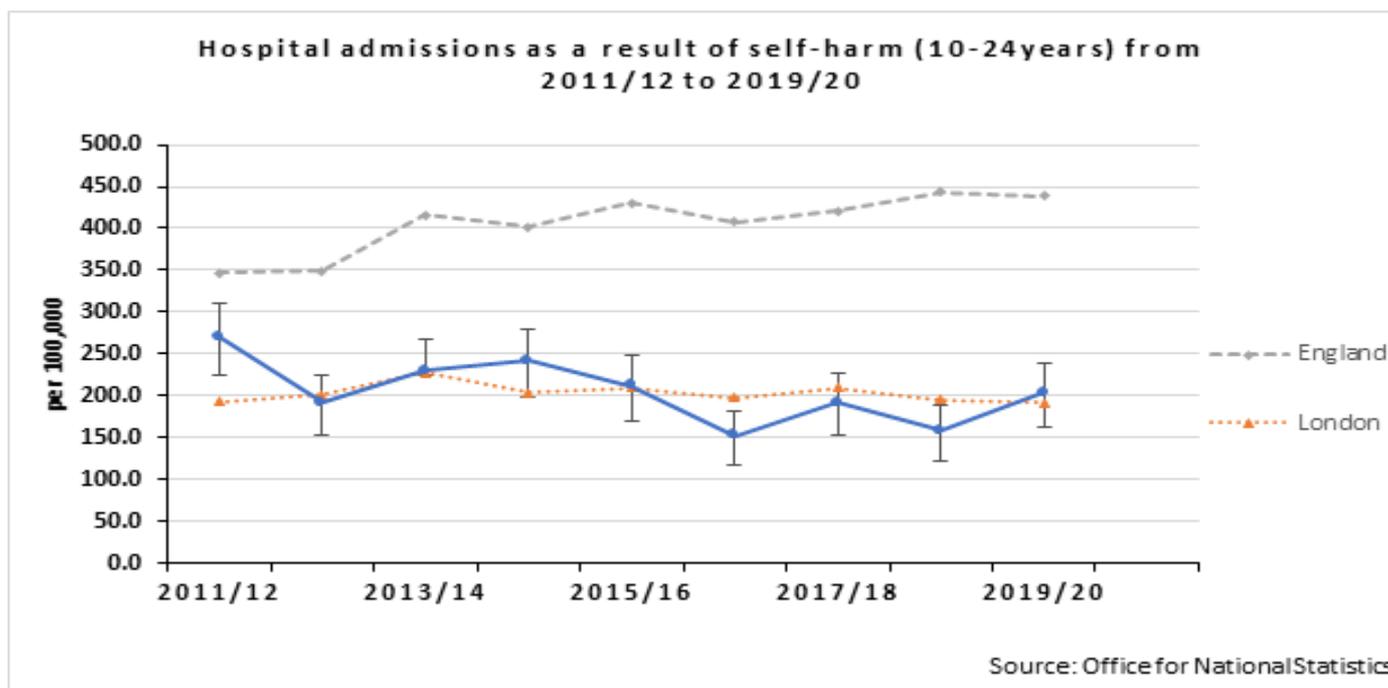
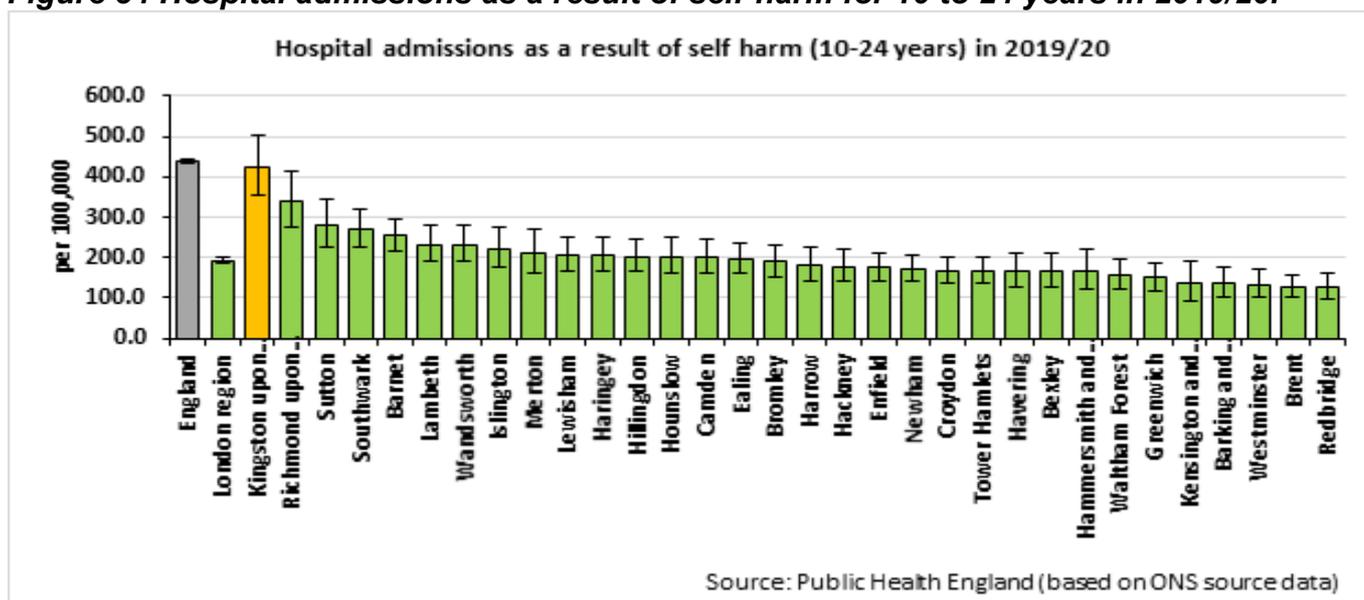


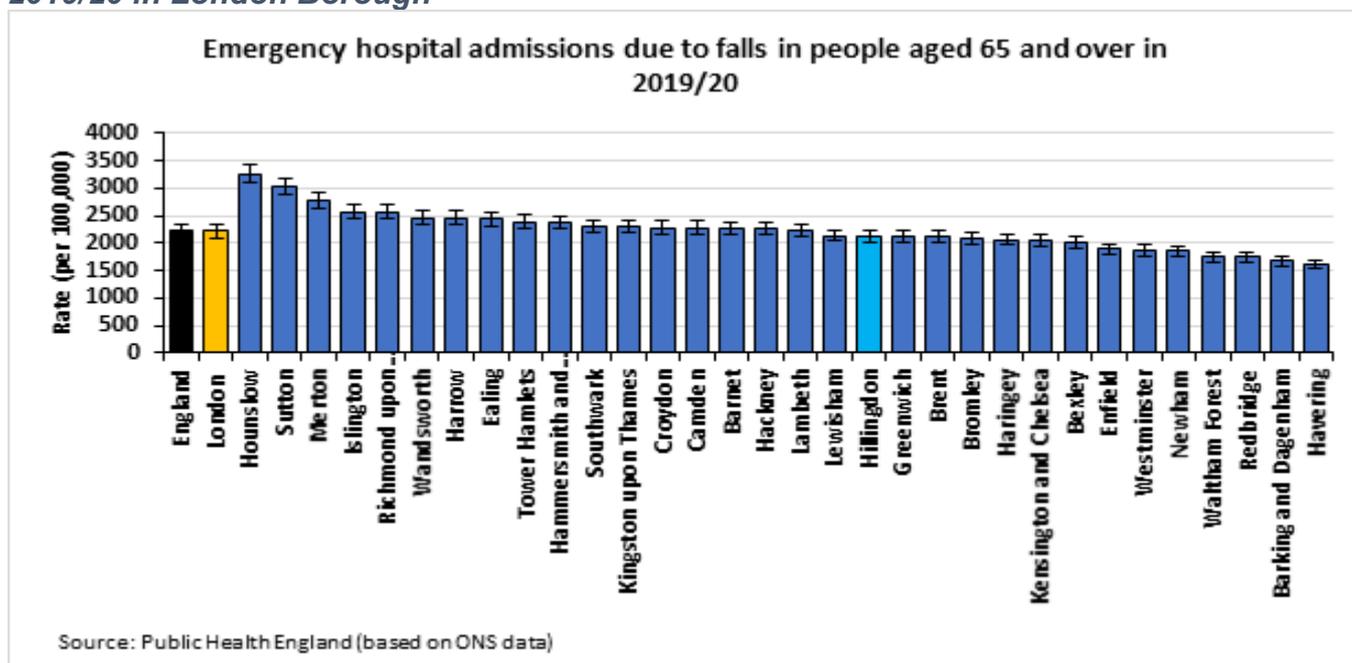
Fig 26: Trend in hospital admissions as a result of self-harm for 10 to 24 years from 2011/12 to 2019/20.

Emergency admissions due to falls

Falls are the largest cause of emergency hospital admissions for older people, and significantly impact on long term outcomes, for example being a major reason why people move from their own home into long-term nursing or residential care.

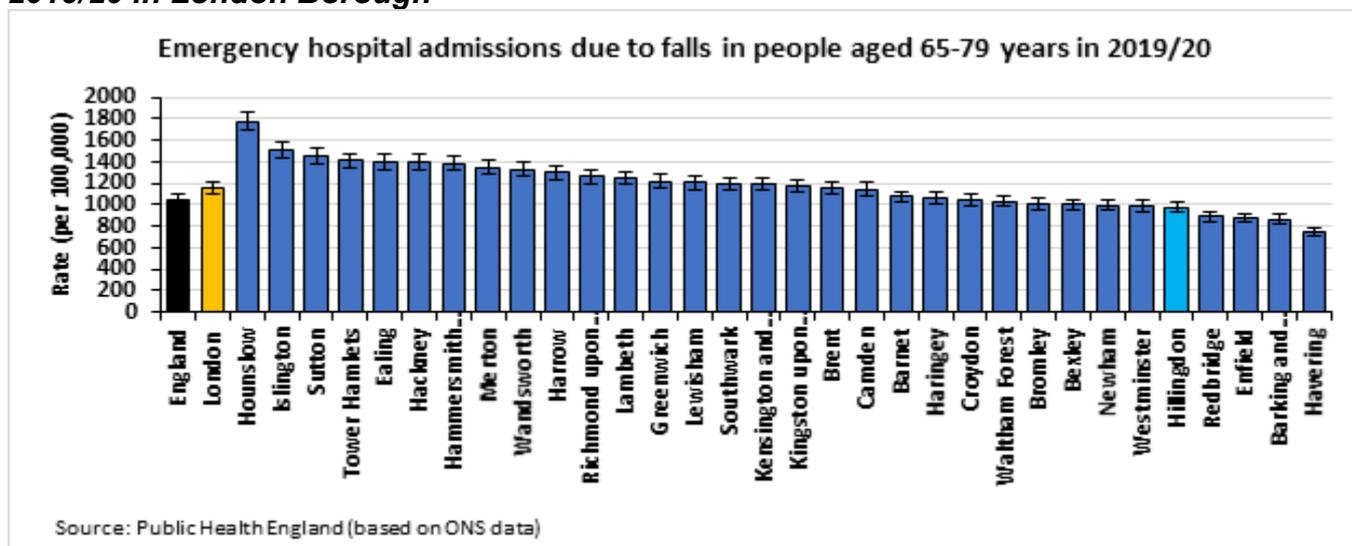
The rates of emergency hospital admissions due to falls in people aged 65 and over were lower in Hillingdon than in London and England in 2019/20.

Figure 35 Emergency hospital admissions due to falls in people aged 65 and over in 2019/20 in London Borough



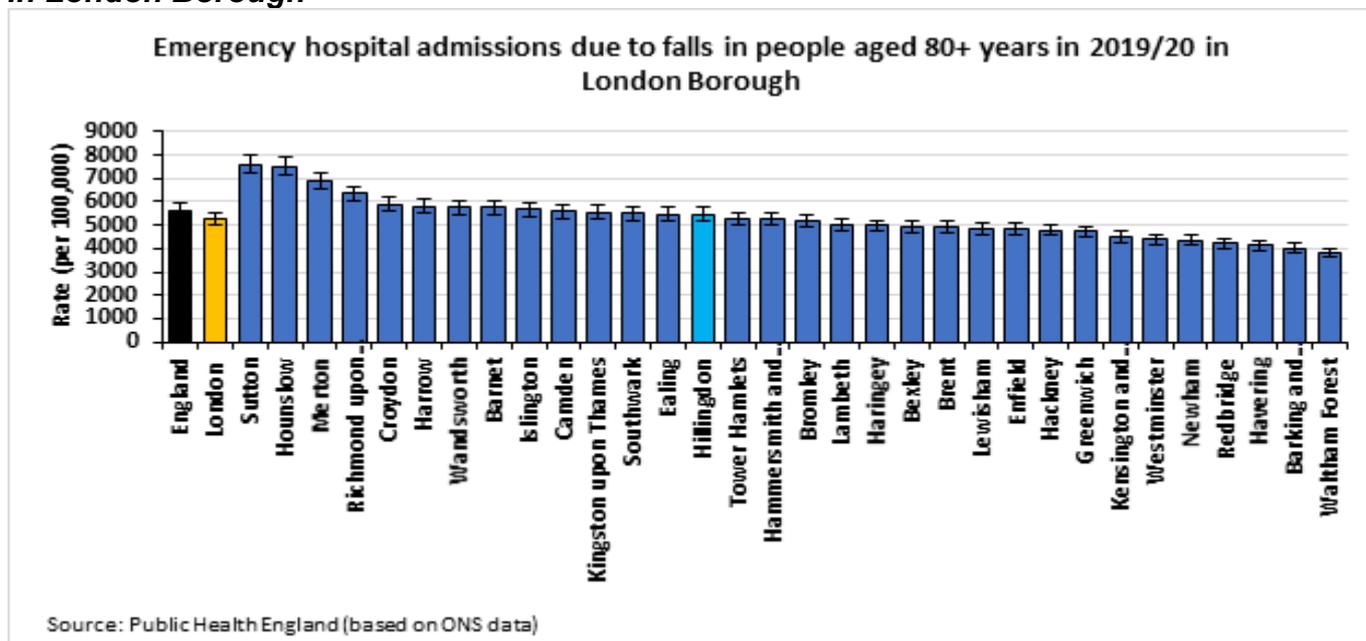
The emergency hospital admissions due to falls in people aged 65-79 years was better in Hillingdon than in London and England in 2019/20.

Figure 36 Emergency hospital admissions due to falls in people aged 65-79 years in 2019/20 in London Borough



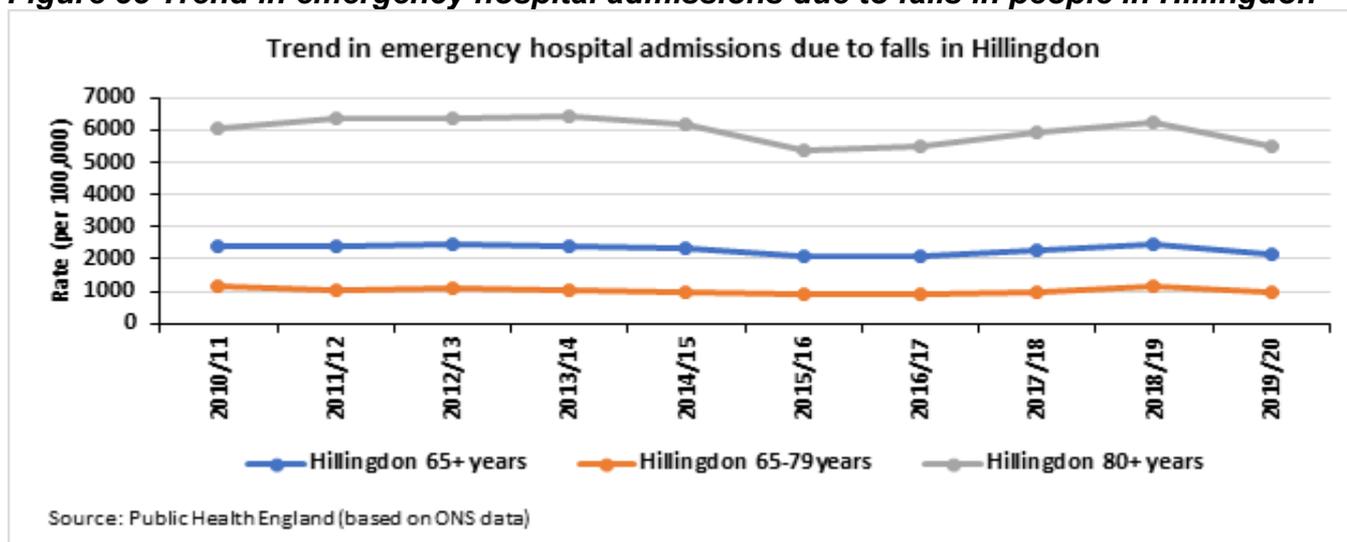
The emergency hospital admissions rate in Hillingdon for persons aged over 80 years in Hillingdon was higher than London but lower than England's rate in 2019/20.

Figure 37 Emergency hospital admissions due to falls in people aged 80+ years in 2019/20 in London Borough



The rate of emergency hospital admissions due to falls remained almost the same from 2010, except for 2018/19 when there was an increase in emergency admissions due to falls in persons aged 65+ years and those aged 65-79 years. For those aged 80+ years, the rate declined in 2015/16 and increased in 2018/19.

Figure 38 Trend in emergency hospital admissions due to falls in people in Hillingdon



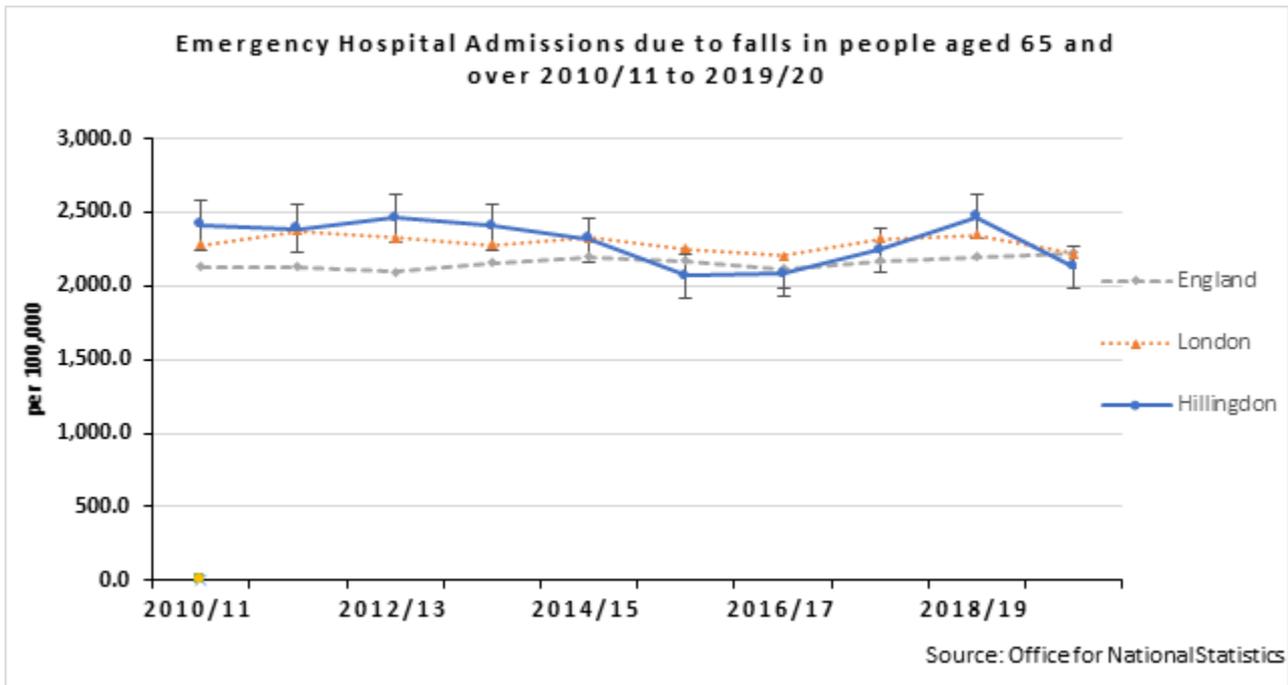


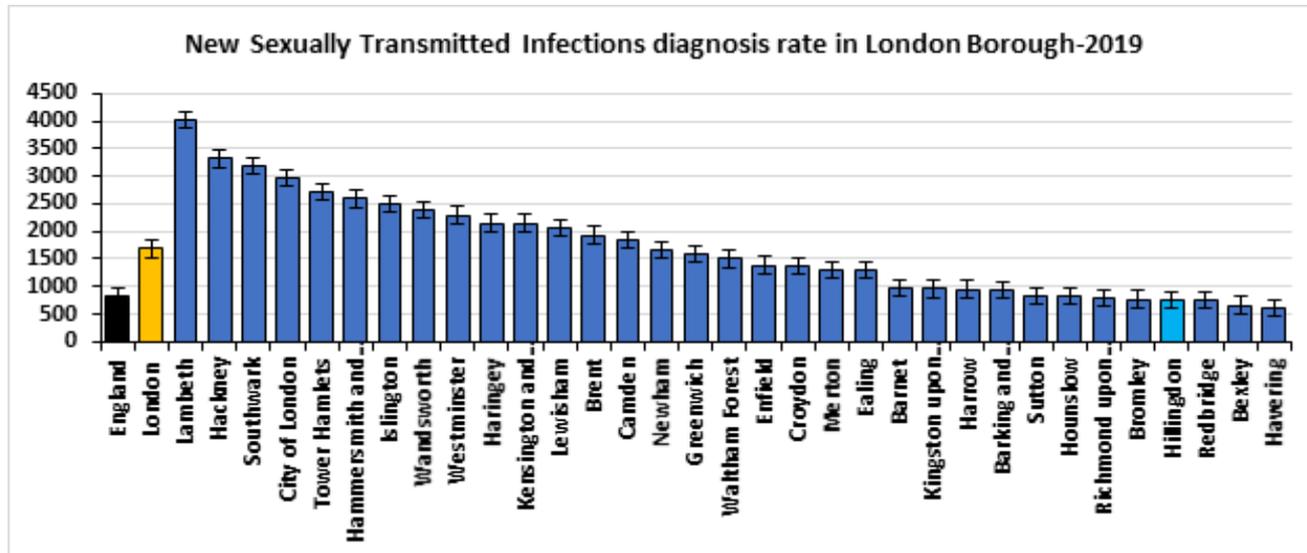
Fig 28: Trend in emergency hospital admissions due to falls in people aged 65 years and over from 2010/12 to 2019/20.

Sexual Health

New Sexually Transmitted Infections (STI) diagnosis rate in London Borough-2019: **crude rate per 100,000**

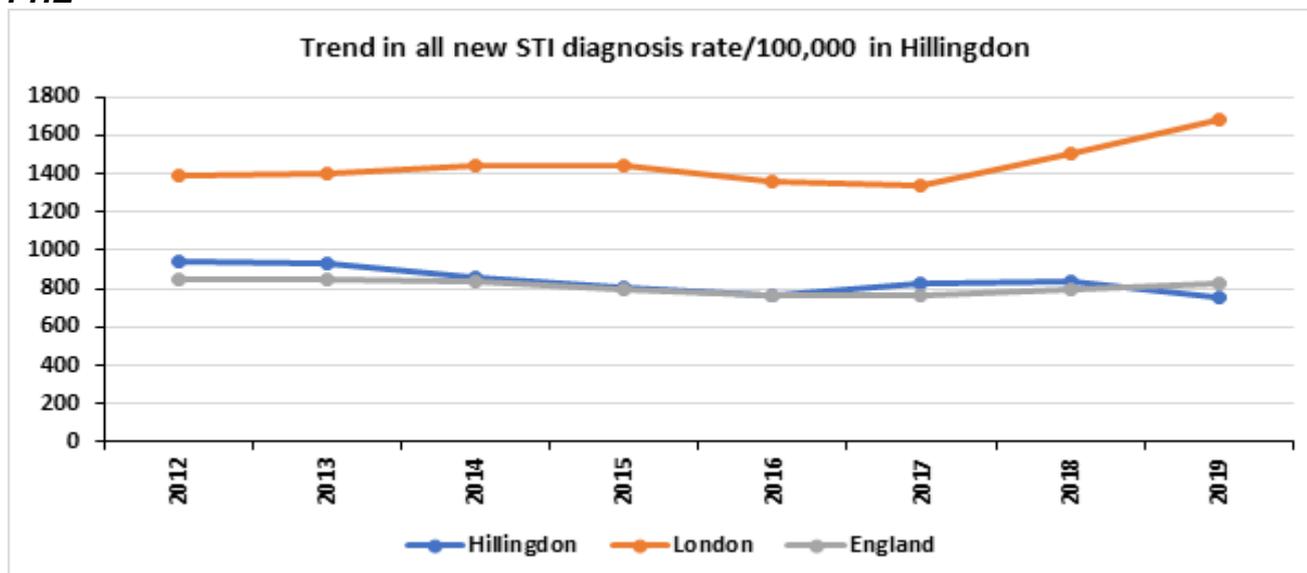
The rate of new diagnosis STI diagnosis was low in Hillingdon compared to London and England in 2019.

Figure 39 New STI diagnosis rate in London Borough-2019: crude rate per 100,000. Data source: PHE.



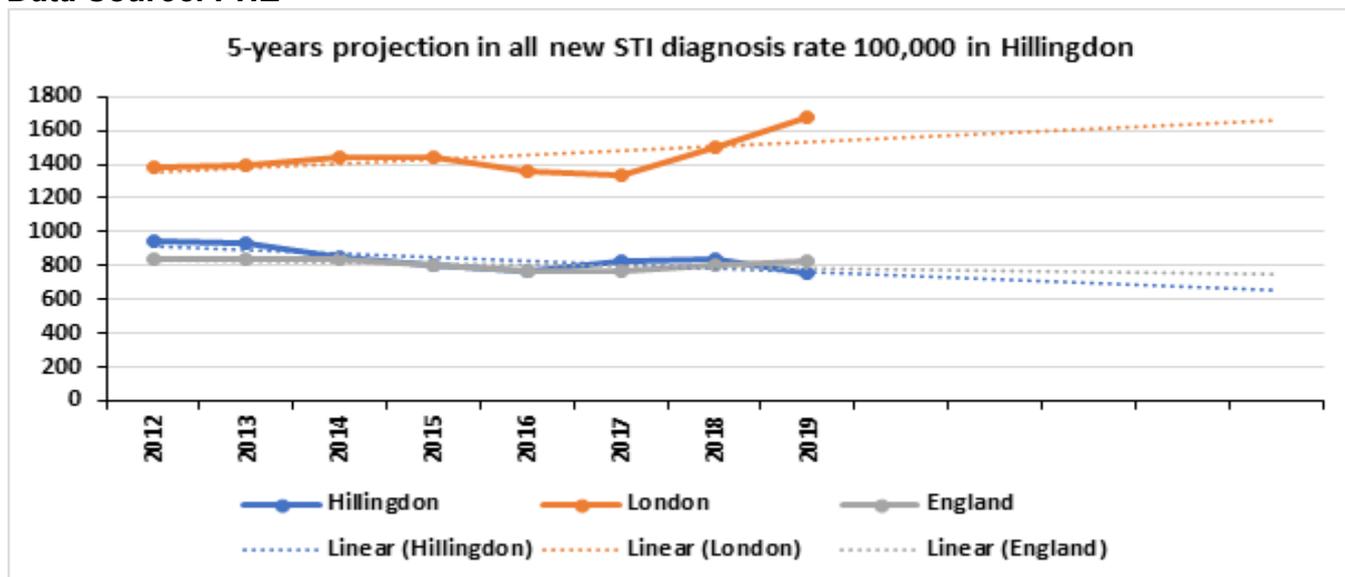
The rate of all new STI diagnosis in Hillingdon increased slightly in 2017 and 2018 and decreased in 2019.

Figure 40 Trend in new STI diagnosis rate in Hillingdon: crude rate/100,000. Data Source: PHE



The rate of new STI diagnosis in Hillingdon is projected to decrease slightly over the next 5 years.

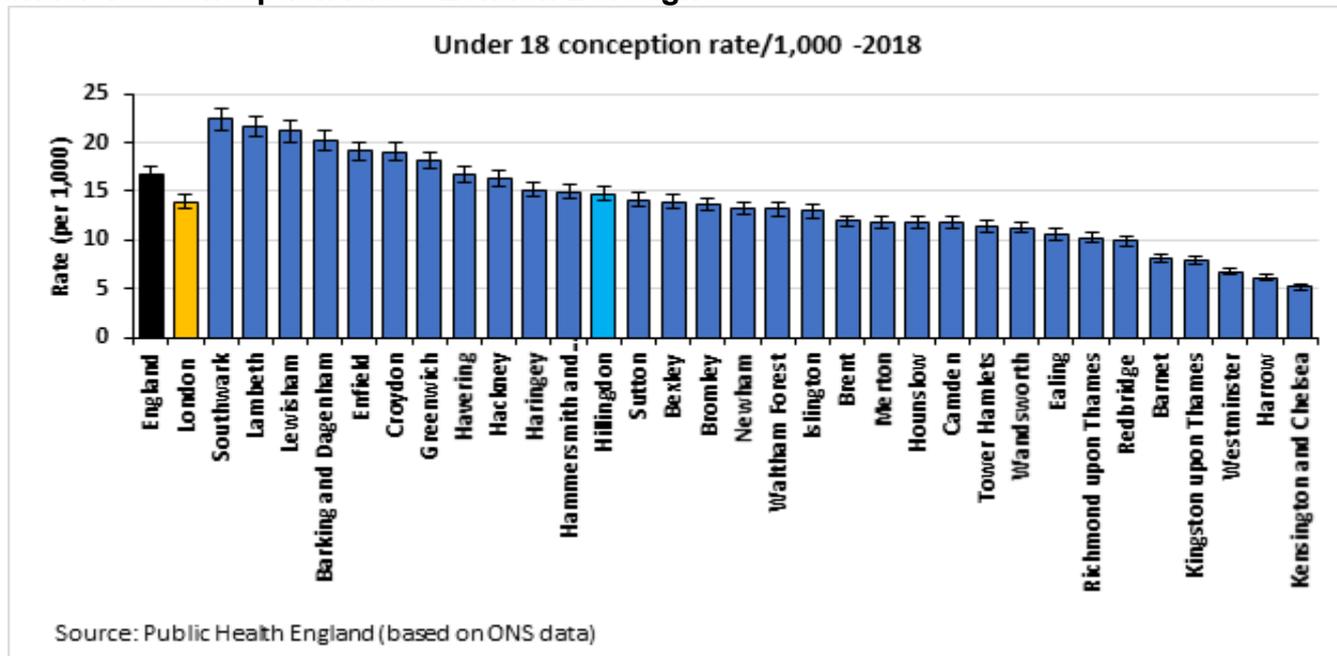
Figure 41 5-years projection in new STI diagnosis rate in Hillingdon: crude rate/100,000.
Data Source: PHE



Under 18s conception rates

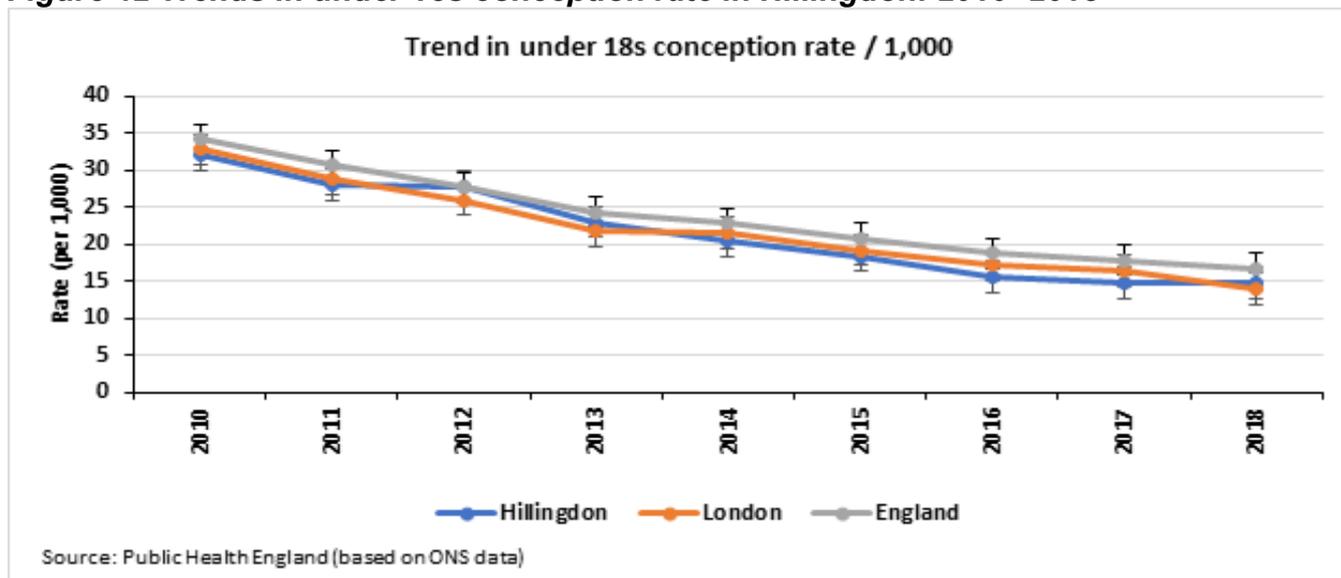
The under 18s conception rate in Hillingdon was higher than London's rate but lower than the national rate in 2018.

Under 18s conception rate – London Boroughs



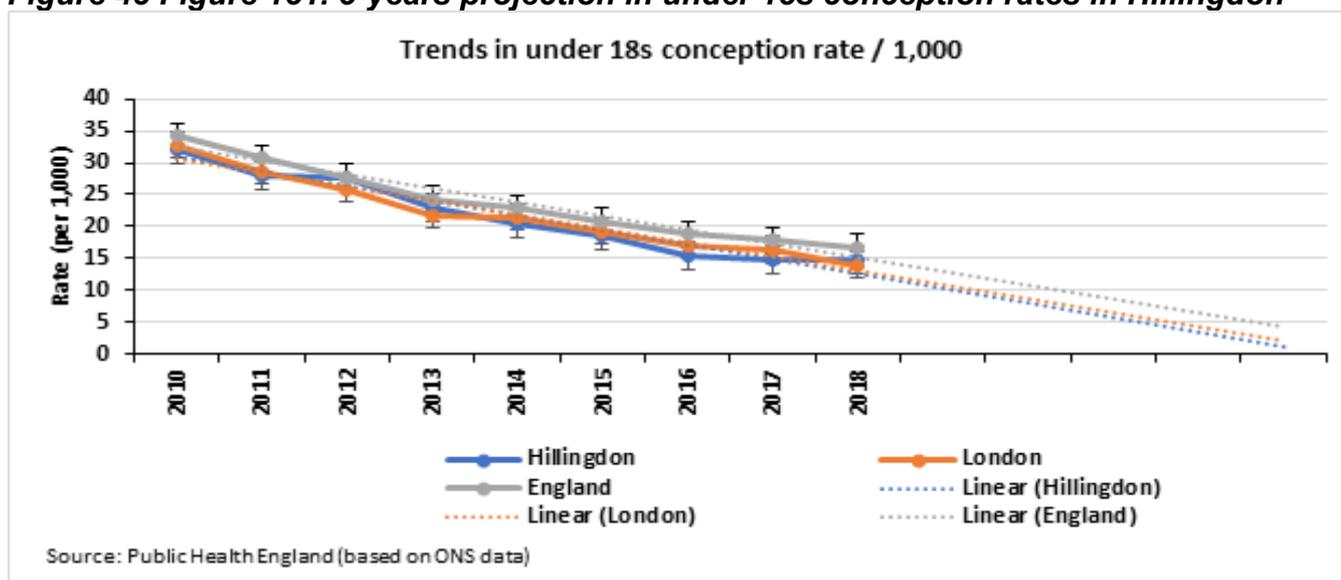
The under 18s conception rates have remained almost the same from 2016 to 2018 in Hillingdon.

Figure 42 Trends in under 18s conception rate in Hillingdon: 2010 -2018



The rate of conception in under 18s in Hillingdon is expected to decrease steadily in the next 5 years.

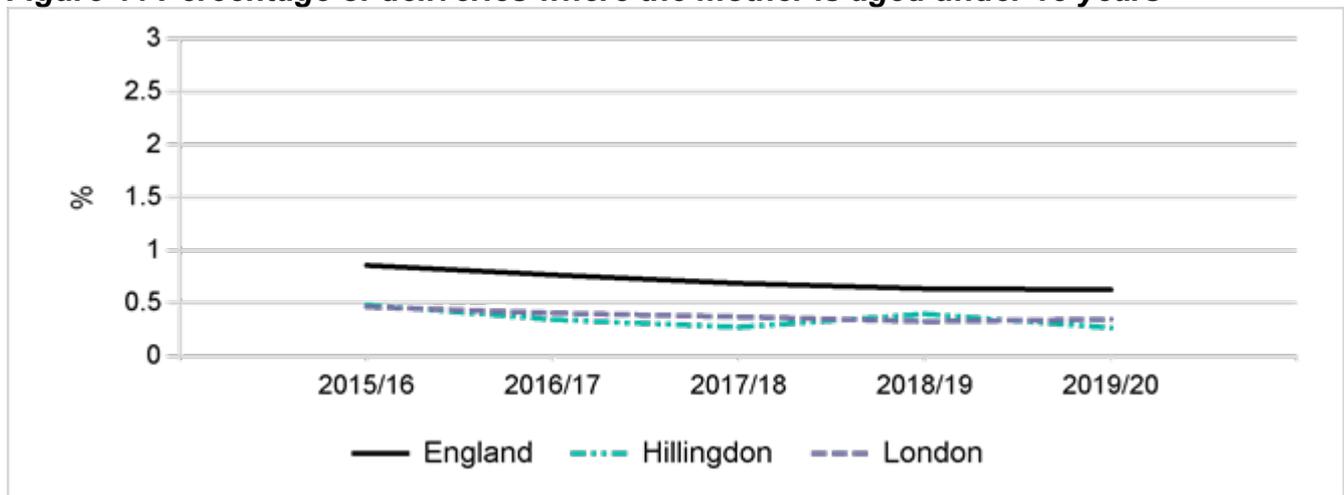
Figure 43 Figure 151. 5-years projection in under 18s conception rates in Hillingdon



Teenage parents

Pregnancy in under-18 year olds can lead to poor health and social outcomes for both the mother and child. Children born to teenage mothers are at greater risk of low educational attainment, emotional and behavioural problems, maltreatment or harm, and illness, accidents and injuries.

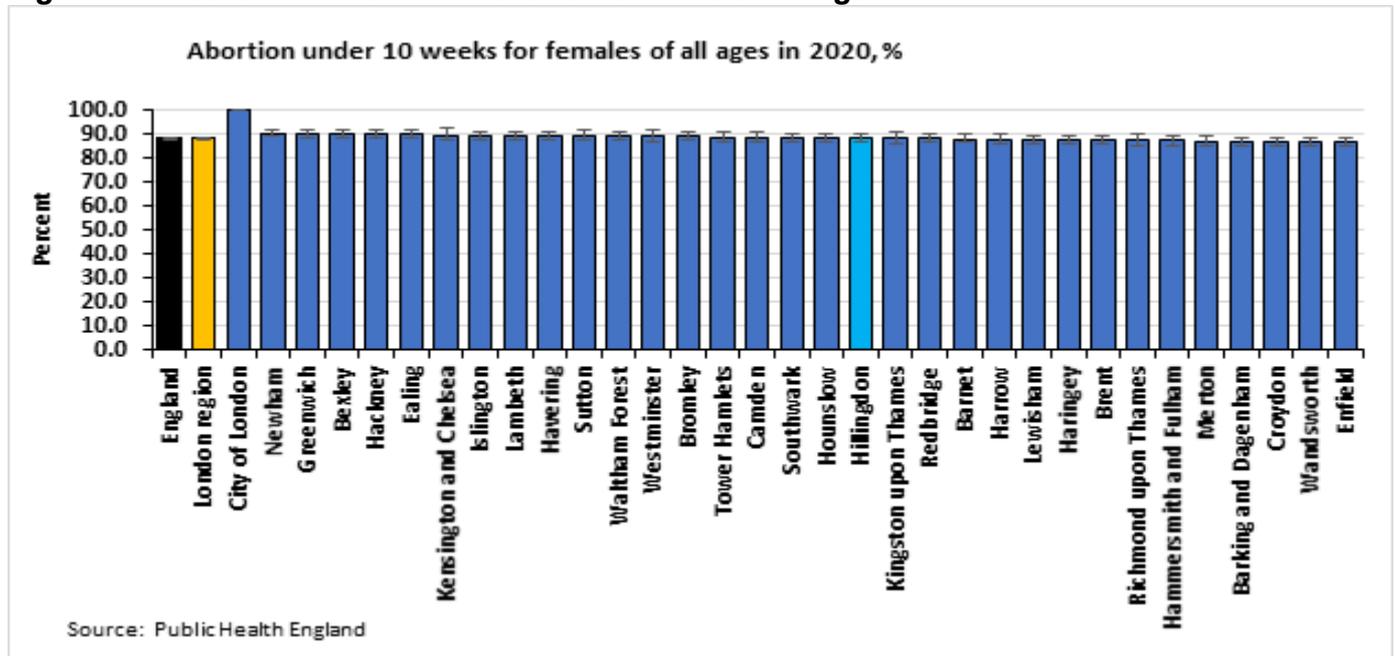
Figure 44 Percentage of deliveries where the mother is aged under 18 years



Abortions

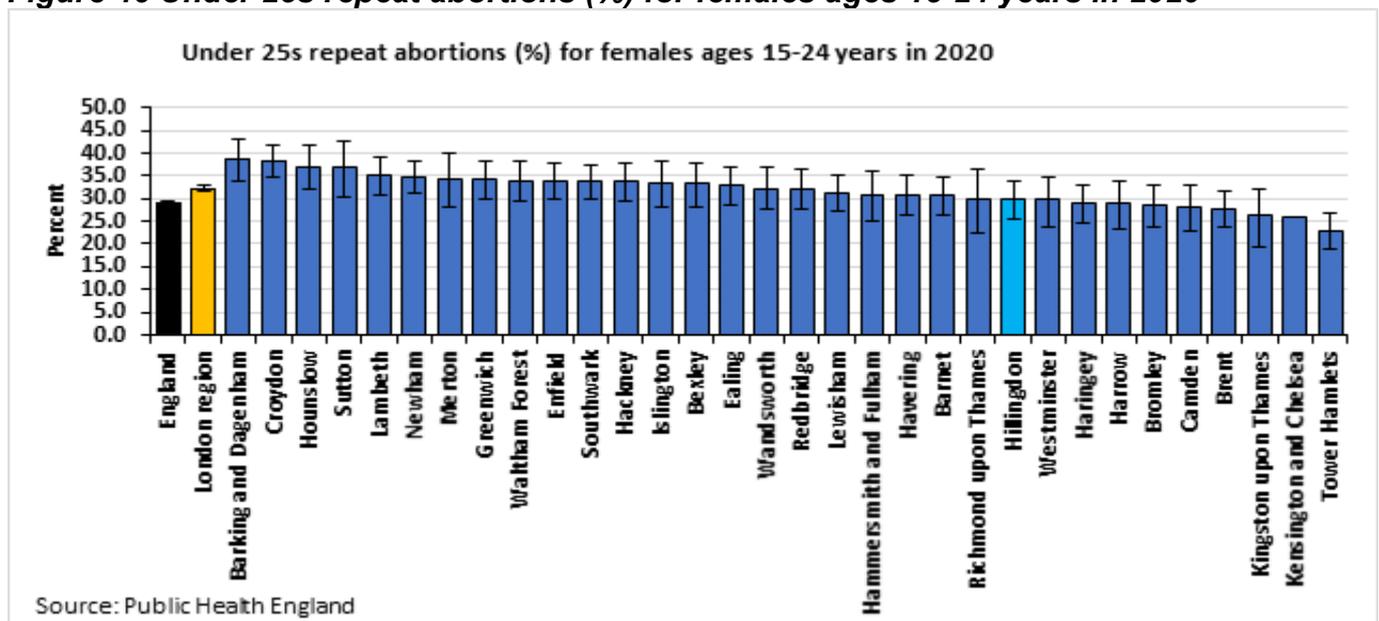
The earlier abortions are performed the lower the risk of complications. Prompt access to abortion, enabling provision earlier in pregnancy, is also cost-effective and an indicator of service quality. The abortion rates for England and Hillingdon are almost similar, 88% in 2020.

Figure 45 Abortion under 10 weeks for females of all ages in 2020.



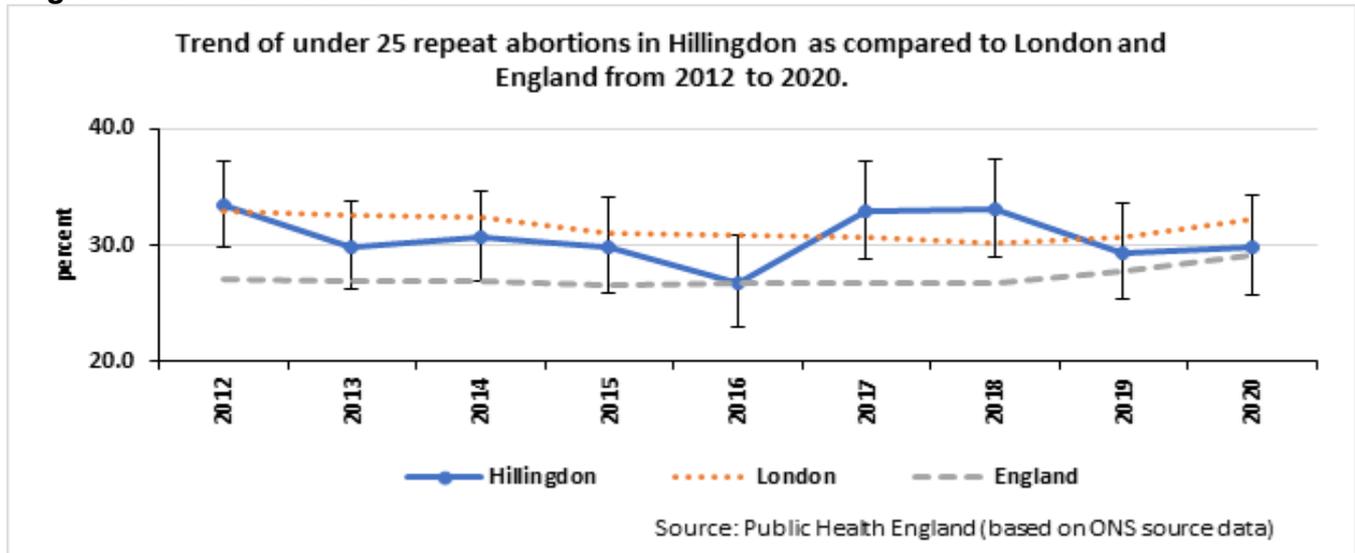
This is an indicator of lack of access to good quality contraception services and advice as well as problems with individual use of contraceptive method. Over a quarter of England abortions (29%) in this age group are repeat abortions. The proportion for Hillingdon was slightly higher (29.8%) as compared to England.

Figure 46 Under 25s repeat abortions (%) for females ages 15-24 years in 2020



The trend shows under 25 repeat abortions in Hillingdon is decreasing in Hillingdon, 33% in 2012 to 29.8% in 2020, however the trend was increasing for both London and England.

Figure 47 Trend of under 25 repeat abortions in Hillingdon as compared to London and England from 2012 to 2020.



Breastfeeding

Breastfeeding initiation in London Borough (Percentage of babies whose first feed is breastmilk) – 2016/17

The proportion of breastfeeding initiation was lower in Hillingdon than in London but higher than England's proportion.

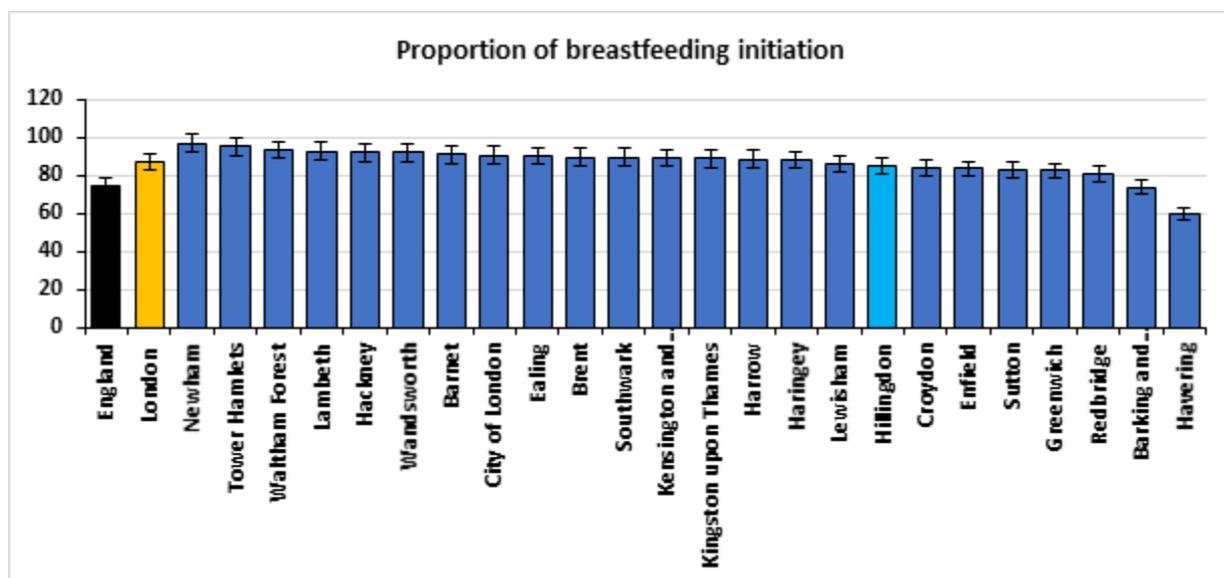


Figure 190. Breastfeeding initiation in London Borough: 2016/17. Data source: PHE.

The percentage of mothers who give their babies breast milk in the first 48 hours after delivery in Hillingdon has increased since 2010/11.

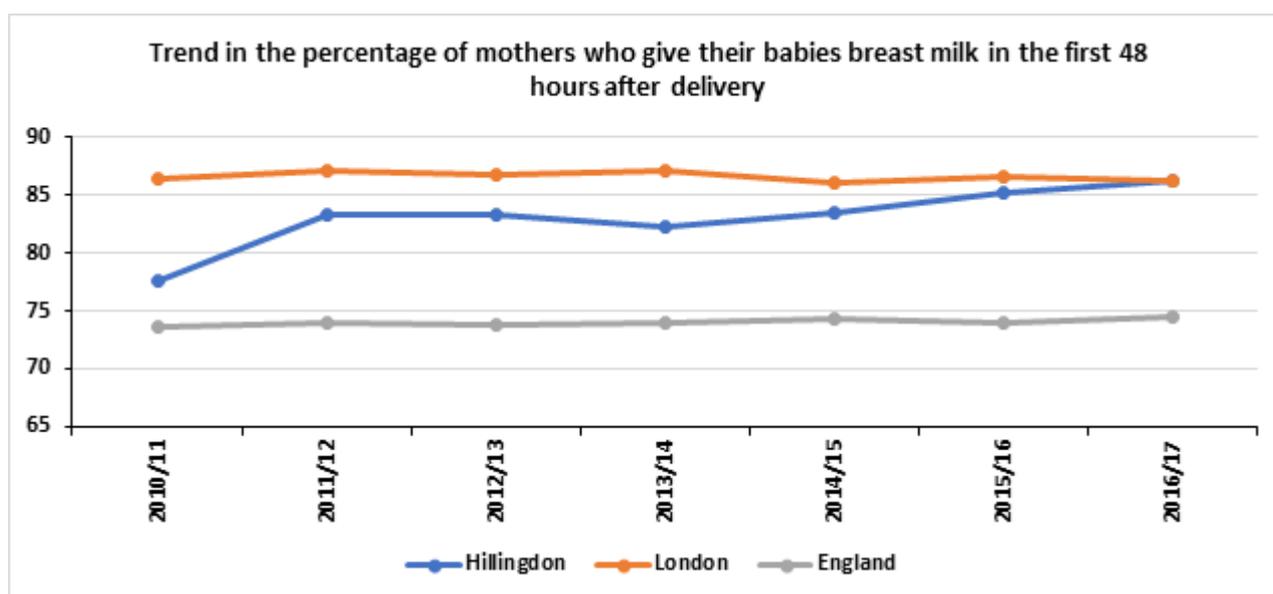


Figure 191. Trend in percentage of mothers who give their babies breast milk in the first 48 hours after delivery in Hillingdon. Data Source: PHE.

The percentage of mothers who give their babies breast milk in the first 48 hours after delivery is estimated to increase in the next 5 years.

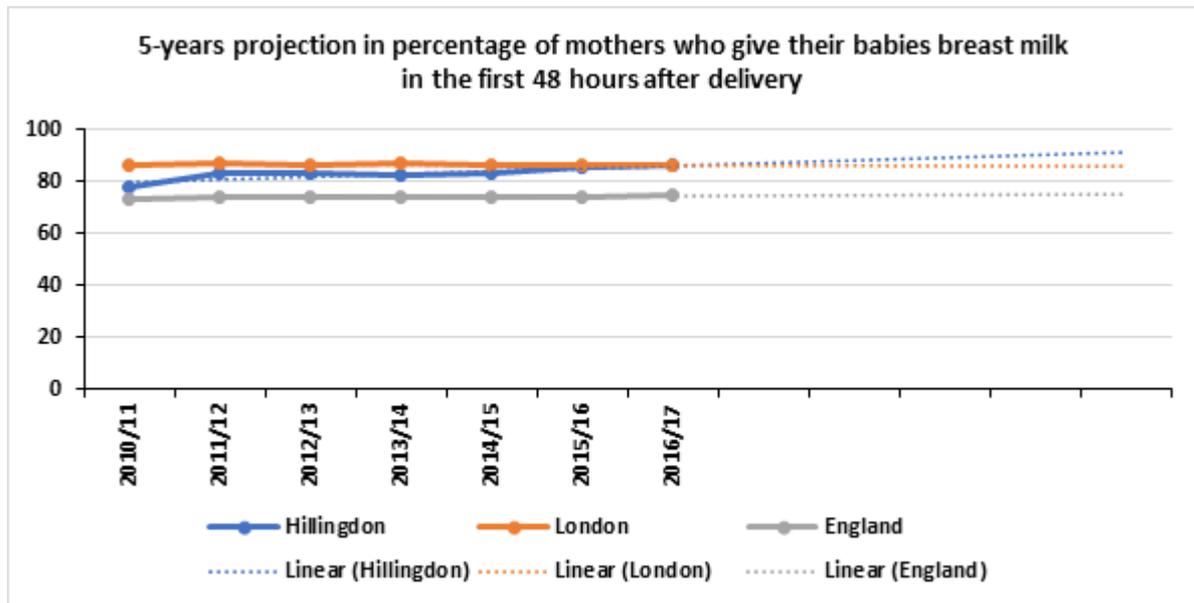


Figure 192. 5-years projection in percentage of mothers who give their babies breast milk in the first 48 hours after delivery in Hillingdon. Data Source: PHE.