

# ELHCP Joint Strategic Needs Assessment

## Wellbeing

Combating obesity requires a population-based approach throughout the life course, beginning with breastfeeding, encouraging a healthy diet at pre-school age, and encouraging physical activity at all ages. Cross-organisational management, political and clinical commitment to the necessary resourcing and delivery is critical.

## Demographics

The population in NEL is expected to grow by 120,000 in the next five years and 345,000 over 15 years. This is expected to be particularly high in ethnic groups, which are at increased risk of some health conditions. There are significant health inequalities across NEL and within boroughs for life expectancy and years of life lived with poor health.



## Health inequalities

Health inequalities remain a significant issue in NEL with diabetes, dementia and obesity all disproportionately affecting people in poverty. There is significant deprivation with five of the eight NEL boroughs in the bottom 20% for the Index of Multiple Deprivation).

## Long-term conditions

NEL faces challenges in diabetes prevention: the biggest components of its expected population rise are in ethnic groups which are at higher risk. Health and local government should continue to work together to implement the national NHS Diabetes Prevention Plan and supplement with local activity – sharing, evaluating and disseminating results. NEL CCGs should consider strategies to increase diagnosis of atrial fibrillation (irregular / fast heartbeat) in primary care.

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## Mental health

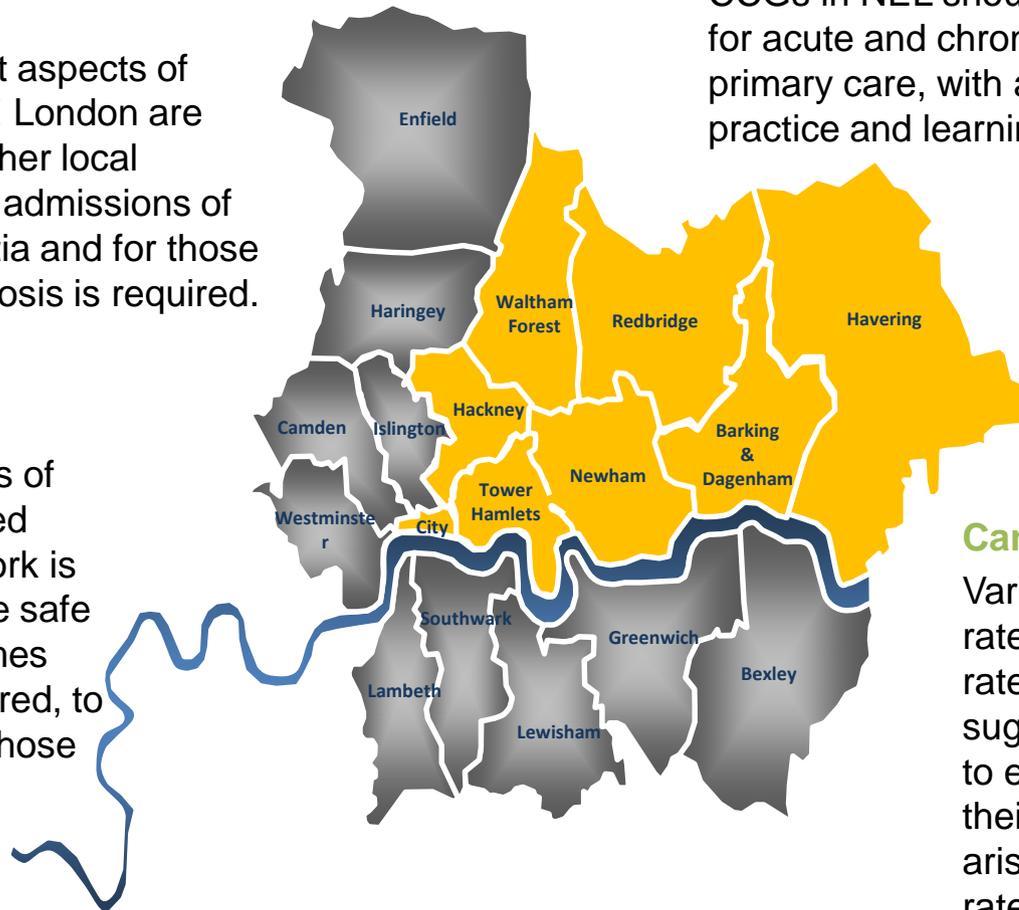
Data suggests most aspects of mental health in NE London are well-managed. Further local analysis of hospital admissions of people with dementia and for those experiencing psychosis is required.

## Sexual health

NEL has high rates of sexually transmitted diseases. More work is needed to promote safe sex and programmes should be considered, to offer HIV tests to those at high risk of HIV.

## Potentially avoidable hospital admissions

CCGs in NEL should compare clinical pathways for acute and chronic conditions managed in primary care, with a view to sharing good practice and learning.



## Cancer

Variation in one-year survival rates, combined with average rates of early detection suggests strategies are needed to encourage people to see their GP as soon as symptoms arise. Increased screening rates, awareness-raising and education is required