

Our Borough, 2018

Public health summary for Southwark

Southwark is a growing and diverse borough

Home to some 312,000 people, Southwark is a patchwork of communities: from leafy Dulwich in the south, to bustling Peckham and Camberwell, and the rapidly changing Rotherhithe peninsula. Towards the north, Borough and Bankside are thriving with high levels of private investment and development. Yet there remain areas affected by high levels of deprivation, where health outcomes fall short of what any resident should expect.

Southwark is young and diverse

Southwark is a young and culturally diverse borough with large numbers of young adults and residents from a wide range of ethnic backgrounds. The median age in Southwark is 32.9 years; seven years younger than the England average and two years younger than the London average. This stems not from a large number of children, but from a large number of young working age residents: over 40% of the Southwark population is aged 20 to 39, compared to just 34% in the rest of London.

In terms of ethnicity, just over half of Southwark's residents are White, a quarter Black and a quarter Asian, mixed or other ethnicities. The ethnic diversity of the borough varies markedly across age groups and the population under 20 is much more diverse than other age groups, with a similar proportion of young people from White and Black ethnic backgrounds. According to the 2011 census, 39% of Southwark residents were born outside the UK, showing that Southwark is both ethnically and culturally diverse.

Southwark is growing – the population will increase by 20% between 2016 and 2026

The population of Southwark is growing rapidly, with projections suggesting there will be an additional 63,000 people in the borough by 2026 (Figure 1). Over the coming decade our population is predicated to grow older, with the largest relative increase in those aged 60-69.

Population growth is set to take place across almost all parts of the borough, but the largest increases are expected in redevelopment areas around Old Kent Road, South Bermondsey and Elephant and Castle.

Urban redevelopment is an opportunity for shaping place to improve health and wellbeing by influencing the built and social environment. It is a process in which local authorities are strategic leaders, working with partners towards a shared vision for health through place-shaping that accounts for local health needs and is critical to helping tackle the wider social determinants of health.

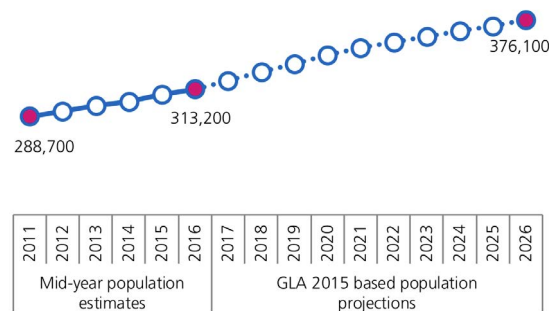


Figure 1. Population projections in Southwark, 2011-2026

Source: GLA 2017, 2015 Southwark Borough Preferred Option Projections

Two in five Southwark residents live in England's most deprived communities.

While there has been significant regeneration in Southwark in recent years, the borough remains one of the most deprived in the country. As a whole, Southwark is the 40th most deprived of 326 local authorities in England and ninth most deprived out of 32 local authorities in London. Two in five Southwark residents live in communities ranked in the 20% most deprived areas nationally. By contrast, only two in one hundred residents live in communities considered the least deprived nationally.

Deprivation has an important impact on health, which is clearly exemplified by the differences in life expectancy across the borough. Women living in the most deprived areas in Southwark live on average 5.5 years less than their least deprived neighbours. For men the discrepancy is even larger at 9.5 years and this gap has been widening over time.

There have been a number of significant improvements in health outcomes in Southwark as life expectancy continues to increase and the rate of premature mortality falls, with levels of cardiovascular mortality more than halving since 2001. Levels of teenage pregnancy in Southwark are at their lowest levels since monitoring began, with over 200 conceptions per year fewer than 1998. While there have been improvements in many areas, challenges remain, particularly in relation to sexual health, childhood obesity and mental health.

Our challenges

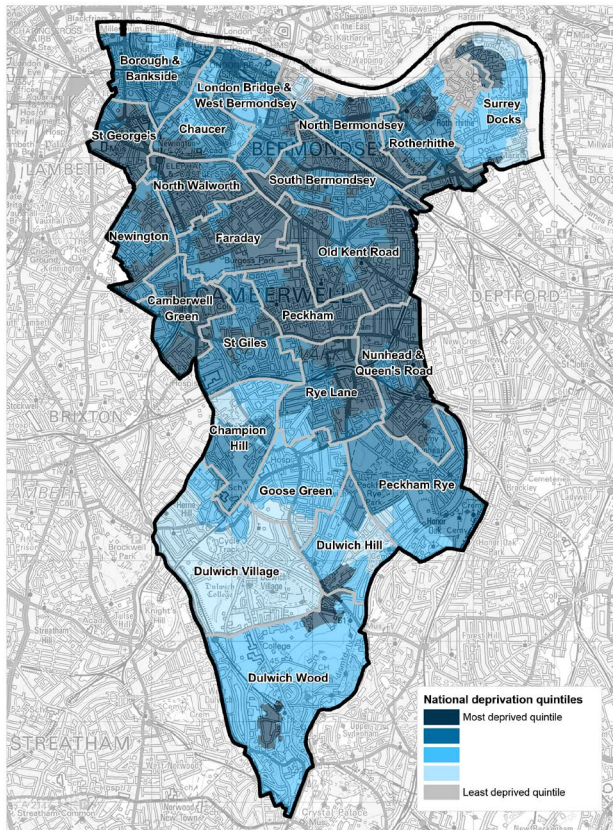


Figure 2. Deprivation in Southwark (new 2018 wards)

Source: Ministry of Housing, Communities and Local Government, using data from Indices of Multiple Deprivation, 2015

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1. Southwark has high levels of childhood excess weight and obesity

Healthy weight continues to be a complex challenge, with many children in the borough being overweight or obese (Figure 2). One in four reception aged children in Southwark are overweight or obese, and this increases to two in five by year six. Trends indicate that there has been little change in the prevalence of excess weight since measuring began in 2007, mirroring the national and regional picture.

2. Southwark has the second highest rate of STIs in England

Southwark has one of the highest rates of sexually transmitted infections (STIs) and HIV in the country. With over 8,000 new STI diagnoses each year, Southwark has almost double the London rate. Just over one-third of new STIs were in people aged 15 to 24. Southwark also has the second highest HIV prevalence in England: there are just over 2,500 people living in the borough who have been diagnosed with HIV.

3. Approximately 47,600 adults in Southwark experience an anxiety or depression

Good mental health and a sense of wellbeing are central to living a purposeful, healthy and enjoyable life, because there is no health without mental health. Anxiety and depression are thought to affect one in five women and one in eight men nationally. Severe mental illness such as schizophrenia and bipolar affective disorder affect approximately 4,000 Southwark residents.

4. At least 50,000 Southwark residents have a long-term condition

Long-term conditions (LTCs) is an umbrella term typically used to describe conditions for which there is currently no cure but which can be managed with drugs and other treatment. The most common long-term conditions diagnosed in Southwark are hypertension (34,000 people), depression (20,000 people) and diabetes (16,000). In Southwark, approximately 1% of the registered population have three or more chronic conditions, equivalent to over 3,500 patients - more than half of whom are aged 70 and over.

5. Air quality affects health, particularly our youngest and oldest residents

Exposure to high levels of air pollution has a range of adverse health effects from exacerbation of conditions such as asthma and chronic respiratory disease due to short-term exposure through to long-term exposure which is associated with a six month decrease in life expectancy. Air pollution data show a decrease in total emissions for nitrogen oxides (NOx) and particulate matter (PM) in Southwark, but further improvements are necessary.

While there have been great improvements in health outcomes in recent years, these priorities reflect areas where there are existing and potential opportunities to achieve prevention at scale and truly improve population health outcomes.

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Learn more at southwark.gov.uk/jsna