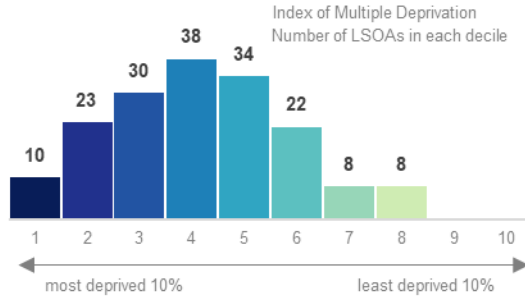


## Deprivation

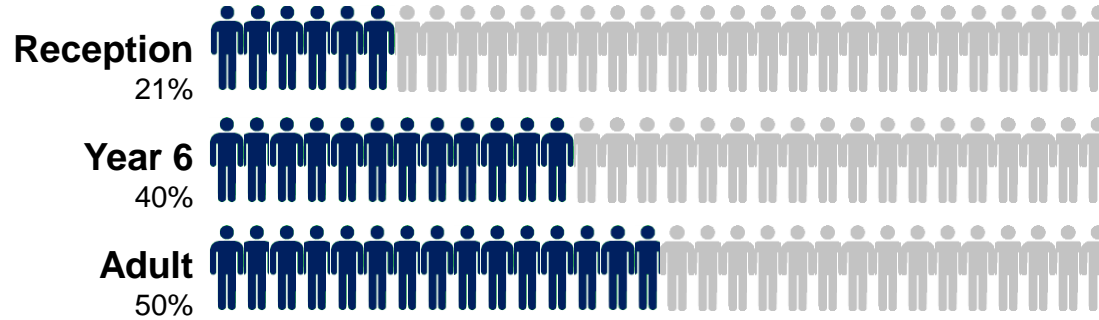
The pandemic has highlighted that health inequalities are exacerbated by the levels of deprivation people live in



Deprivation is a key factor in people being able to make healthy choices. Deprivation varies across the borough. The Indices of Multiple Deprivation 2019 show that Stonebridge is the most deprived ward in the borough

## Healthy weight

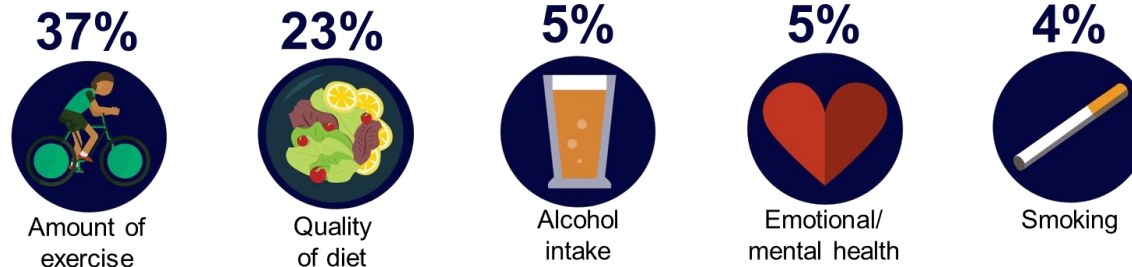
In the consultation, no-one mentioned obesity, but being able to have a healthy diet and lifestyle was important. Data show that in Brent the proportion of people who are overweight increases by age group.



## Healthy Living

I am able to make the healthy choice for myself and those that I care for and we can live in a healthy way

The 2018 Resident Attitudes Survey (RAS) asked what behaviours people wanted to change to improve their health



## Barriers

Barriers to residents keeping healthy:

- Financial constraints
- Work/Caring constraints
- Lack of motivation
- Language
- Digital exclusion

## Food

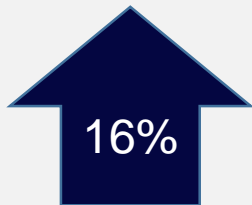
Food insecurity and access to fresh fruits and vegetables was understood to be a driver and source of health inequality.



Residents commented on the choice of fresh fruits and vegetables in their local areas, especially as many high streets had several fast-food shops that discourage healthy behaviour in residents

**59%** of adults regularly eat **five-a-day**

## Alcohol



Admissions to hospital for conditions which are attributed to alcohol increased in 2018/19 to 646 per 100,000

Currently, deaths for conditions attributed to alcohol are lower than the London average, but these are likely to lag behind the admission so will increase if we do not turn the tide on the admissions

This is us.  
 This is Brent.  
 We are English and Irish, Indian and Windrush,  
 We are Somali, Italian, Romanian, Chinese.  
 We sing in temples, in pubs and in stadiums.  
 We speak on the high-roads, in the libraries (shush),  
 and on the Bakerloo line.  
 From Stonebridge to Cricklewood  
 From Queensbury to Queens Park  
 From Kilburn to Kensal Green,  
 We are mixing, melding, sharing, cooking,  
 dancing, praising, raising, playing.  
 We are unplanned and unfiltered,  
 We are the first place people come to  
 and the place people stay.  
 We are the past, the present and the future.  
 This is us.  
 This is Brent.

We are not just a borough of culture,  
 We are the Borough of Cultures.



## Parks

Parks are a priority for residents, and they would like them improved so they can be used more. Parks needed:

- Better lighting for use after dark
- Public toilets to be available
- To feel safer



## Healthy places

Near me there are safe, clean places I and people I care for can go to exercise for free, meet with like-minded people, and we have the opportunity to grow our own food

## London Borough of Culture legacy

In 2020 Brent was the London Borough of Cultures. The work will continue in the borough, celebrating its diverse people and culture. As part of the legacy they developed Spacebook. Spacebook gives local people a way to see useful information on spaces for hire in the borough all in one place, from function rooms and dance spaces, to community halls and music venues. We need to build on the legacy of the London Borough of Culture 2020.

## Youth voice

The Youth Survey asked “How do you think we can make Brent a better place for young people?”  
 The second most commented theme was to have more activities. Many young people mentioned safety, access to, and facilities in parks.

To have more public activities take place, to be social

Add more libraries, green space and pick up litter more constantly

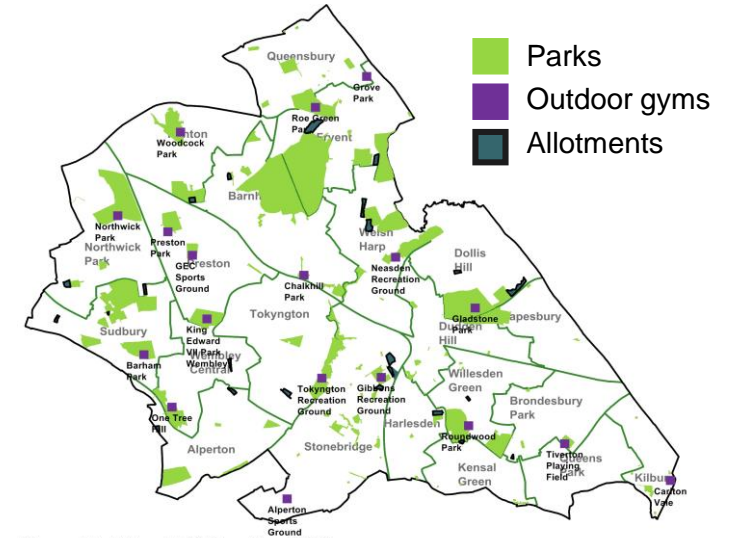
## Outdoor spaces

Food growing has come to the fore as a result of Covid – access to community gardens or spaces to grow your own food for those who want to was highlighted in the previous engagement by Healthwatch



Access to green space is important for both physical and mental wellbeing. However, not everyone has equal access to the green space they need to improve their personal wellbeing, or the space they have access to is not suitable.

## Parks, outdoor gyms, and allotments



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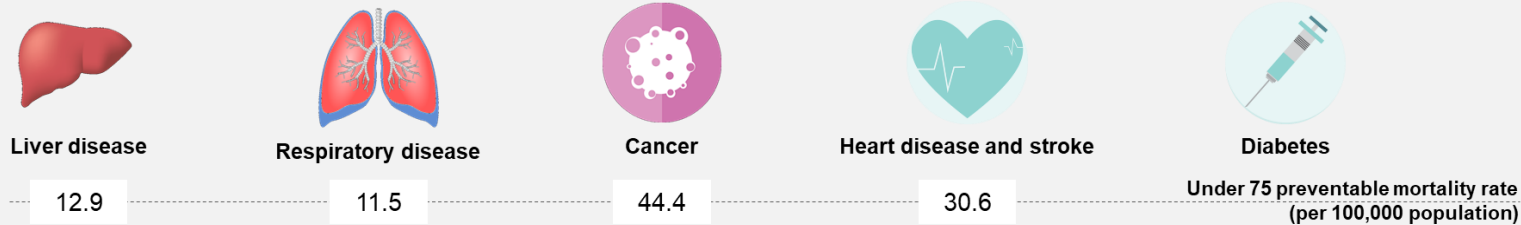
## Cancer screening

In 2020, cancer screening in Brent was worse than the national average for all indicators (breast; cervical; and bowel). If caught early, there is a higher chance that cancer can be successfully treated

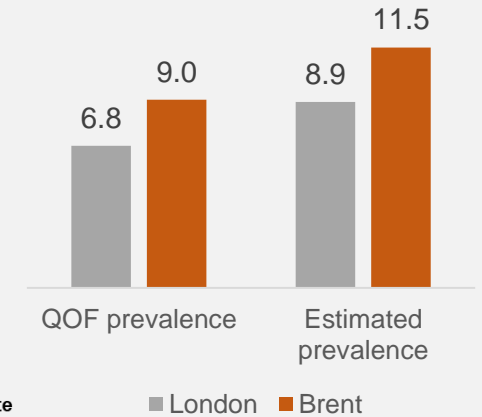


## Risk factors for Long Term Conditions

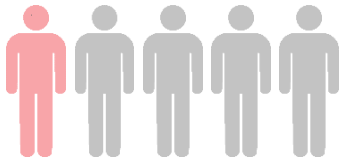
This Risk factors for heart disease, stroke, cancer and diabetes are being overweight and inactive. Healthy eating and physical activity can mitigate these risk factors. There are discrepancies among ethnic groups both in prevalence and mortality rates from different diseases, including heart disease and stroke; liver disease; cancer; respiratory disease; and diabetes. Enabling self-care for people who have these diseases is important to allow them to manage their condition.



## Diabetes prevalence



1 in 5 adults have a common mental disorder



## Staying healthy

I know what keeps me and those I care for healthy, both physically and mentally, and am able to stay healthy; we are able to manage health conditions we have using self-care first and also have access to good medical care as needed

The Policy Institute at King's College London found

43%

expected their mental health to be worse due to Covid

## Five +1 ways to wellbeing

Evidence suggests building these actions into your daily life can help to improve your mental health and wellbeing. A combination of all of these behaviours will help to enhance individual wellbeing and may have the potential to reduce the total number of people who develop mental health disorders in the longer term



## Young people

The youth strategy conducted a survey of 613 young people; one of the overarching topics of concern highlighted by the young people was the impact Covid and lockdown had on their mental health.



Risk factors for young people's mental health were Brent is worse off than the national average:

- Low-income families
- Family homelessness

## Risk factors

Socio-economic factors impact mental health such as housing, employment, and deprivation. Mental health affects different ethnic groups differently. Overall, Asian people have better mental health, conversely, black and Irish groups have more mental health hospital admissions.



## The workforce

The pandemic has put a great strain on our health and council workers. The continued stress they have been under is taking its toll. The Guardian reported that “A quarter of NHS workers are more likely to quit their job than a year ago because they are unhappy about their pay, frustrated by understaffing and exhausted by Covid-19, a survey suggests.” The challenge in front of us now is how to recover – how to catch up on the work which has been deferred and provide the care needed.

**1 in 4**  
NHS workers are more likely to quit their job than a year ago

## New way of working

In February 2021, the Department for Health and Social Care published the white paper: Integration and Innovation working together to improve health and social care for all. This paper proposes new ways of working for a health and care Bill. It introduces Integrated Care Systems (ICS); these will comprise of two parts, the ICS NHS body (responsible for NHS strategic planning and allocation decisions) and ICS health and care partnerships which will develop a local plan to address the system’s health, public health and social care needs. This is a new more collaborative way of working.

**Healthy workforce**  
The workforce will be healthy and happy; and the health and wellbeing system will recover quickly

## Mutual aids and volunteering

The long term effects of Covid is an unknown quantity; the impact of Covid on individuals will affect our healthcare’s recovery and resilience. Although much of the pandemic was terrible, the way the communities came together to support each other was a true joy. People united against inequality and disease. Ideally we would foster and enable this true community spirit to keep growing and connecting.



Source: <https://www.theguardian.com/society/2021/mar/30/one-in-four-nhs-workers-more-likely-to-quit-than-a-year-ago-survey-finds>

## Collaborative ways of working

Brent Health Matters is a programme set up by the Health and Wellbeing Board to tackle health inequalities, the avoidable, unfair and systematic differences in health between different groups of people. This is a combined piece of work between Brent Council, Brent CCG, CNWL (mental health service providers), Northwick Park Hospital and local GPs. Community engagement and understanding the local community is key to this work. This programme will build up a better picture of our population’s health and a greater understanding of the barriers different populations face to accessing healthcare and health messages, enabling these barriers to be overcome.

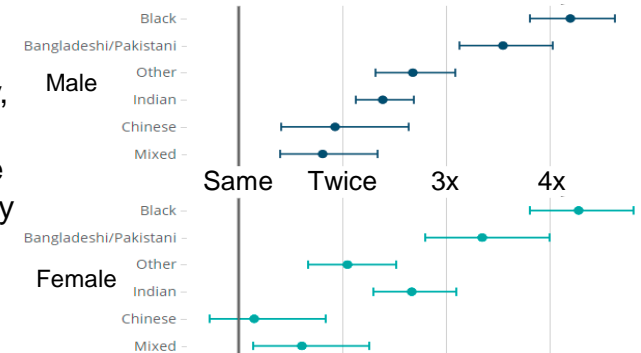


**Healthy ways of working:**  
Hearing, understanding, and working with the public I, and those I care for, can have our say and contribute to the way services are run; Data are good quality and give a good picture of health inequalities

## Data quality

The pandemic has also highlighted health inequalities, specifically inequalities due to disability, ethnicity, and deprivation. We need to understand our population better, we need to understand who is affected by what better. To do this, we need to improve the quality of our data.

## Likelihood of dying from Covid compared to white ethnic group



Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/coronavirusrelateddeathsbyethn icgroupenglandandwales/2march2020to10april2020>