



Have your say
Haringey

Haringey's Draft Health and Wellbeing Strategy

2012-2015

CONSULTATION

20th September – 20th December 2011



Haringey Council



North Central London

Foreword

We believe that everyone has the right to enjoy good health. However, many of our residents don't have this opportunity and there are large health inequalities across the borough. Residents in the poorest parts of Haringey are not only more likely to die prematurely, but they will also spend a greater proportion of those shorter lives unwell. We understand that to reduce these health inequalities we need to focus not only on health, but also on the wider determining factors by decreasing poverty and deprivation.

We know we face real challenges in overcoming these deep-seated issues, but we must all be ambitious in our thinking and in our desire for change. Through the Health and Wellbeing Board we aim to enhance joint working and fresh approaches. We know it's going to be increasingly difficult, but the benefits are substantial.

We continue to make significant investment in improving health and wellbeing locally, and as a result we have a lot to be proud of. Teenage pregnancy has reduced; there has been a steady decline in deaths of babies under one year old; women's life expectancy is on a par with England; and educational attainment has continued to rise throughout the borough. This strategy sets out how we want to build on these successes over the next three years, working in partnership across Haringey and moving further towards the goal of good health and wellbeing, something that every resident can aspire to and enjoy.

Good health and wellbeing is in everyone's interest, is everyone's responsibility, and requires everyone to play their part.

This consultation is an opportunity for you to tell us how you think we can reduce health inequalities in Haringey and where we should target our resources. I encourage you all to have your say.

Councillor Dilek Dogus

Cabinet Member for Health
and Adult Services

Dr Helen Pelendrides

Chair, Haringey Clinical Commissioning Group

Haringey's Health and Wellbeing Strategy

Haringey's Health and Wellbeing Strategy sets out our commitment and approach to tackling health inequalities and promoting health and wellbeing locally. Our priorities have been set in response to the issues we face, which are most starkly demonstrated by the gap in life expectancy between different parts of the borough.

Through the implementation of this strategy, we will seek to achieve real and measurable improvements in the health and wellbeing of residents by investing in prevention and early intervention activities, and providing a coordinated approach to ensure that all of our activities contribute towards health improvements and reduce inequalities.

The vision of the strategy is:

A Healthier Haringey

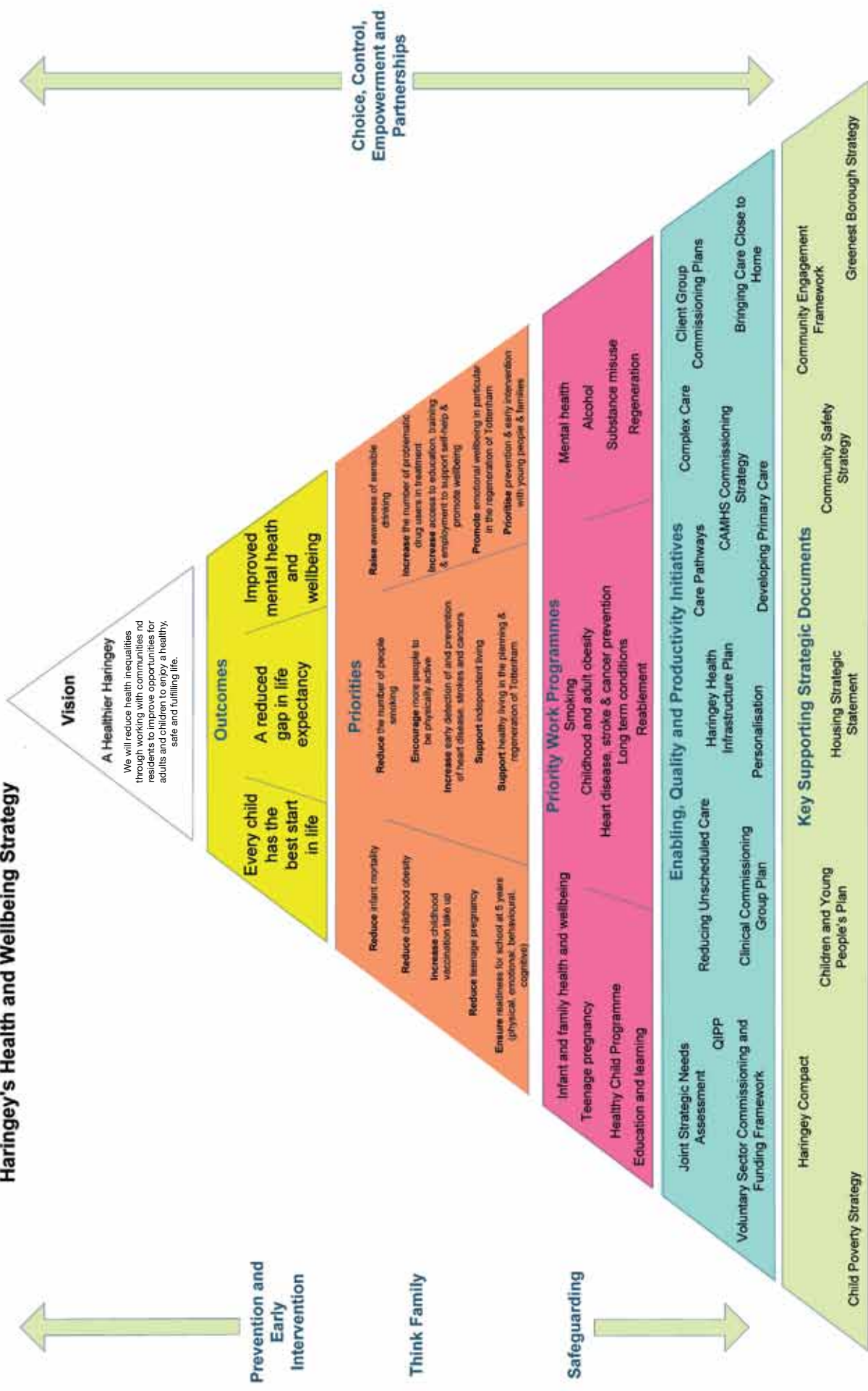
We will reduce health inequalities through working with communities and residents to improve opportunities for adults and children to enjoy a healthy, safe and fulfilling life.

Our three outcomes are:

- 1. Every child has the best start in life**
- 2. A reduced gap in life expectancy**
- 3. Improved mental health and wellbeing**

A Healthier Haringey

Haringey's Health and Wellbeing Strategy



Outcome one

Every child has the best start in life

Outcome two

A reduced gap in life expectancy

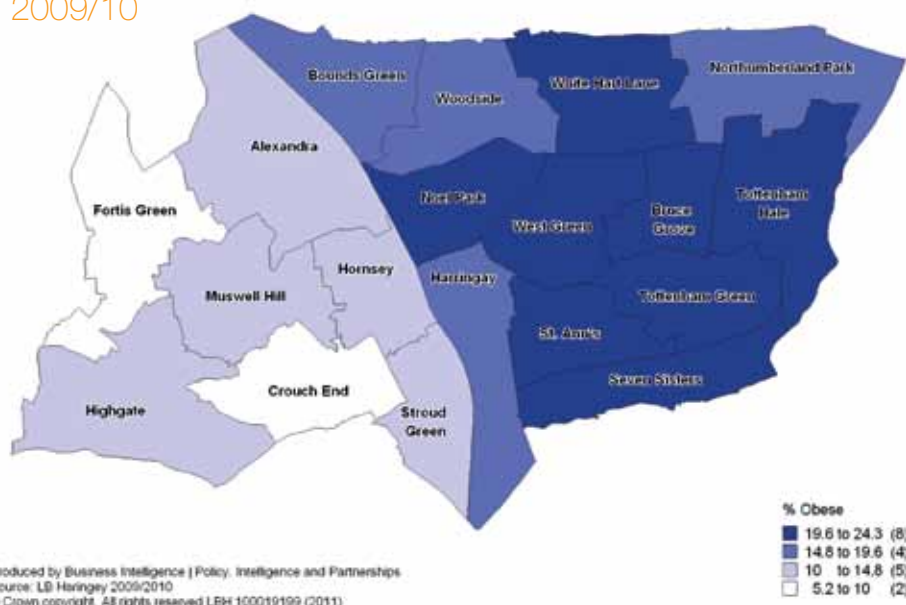
Outcome three

Improved mental health and wellbeing

What we know about Haringey

- Approximately five in every 1,000 babies die before their first birthday, higher than both the London and England average.
- Although the number of teenage pregnancies is falling locally, levels remain higher amongst mixed White and Black Caribbean communities.
- Black African women and those aged under 20 tend to book late for maternity care.
- Breastfeeding rates are considerably lower in the east of the borough.
- Vaccination rates have increased, but remain below the level required to protect the local population.
- One in four children is either overweight or obese when they start school. By year six this increases to nearly 40%, with obesity levels at 10.9% for White British children and 28.2% for Black African children.

Percentage of reception and year 6 children who are obese 2009/10



- There are differences in attainment at Early Years Foundation Stage (birth to five years old) between different ethnic groups. 86% of White British children are scoring 6 or more on personal, social and emotional development, compared to 61% African, 55% of Caribbean, 53% Turkish and 39% Kurdish children.

Research shows

- By the age of ten a child from a poorer background will have lost any advantage of intelligence indicated at 22 months; whereas a child from an affluent family will have improved his or her cognitive scores purely because of his/her advantaged background.
- Smoking or exposure to smoke in pregnancy increases the risk of premature birth and low birth weight. Almost half of all teenage mothers smoke during pregnancy.
- Higher teenage pregnancy rates are linked to poverty and low educational attainment.
- Breastfeeding improves the health of babies.
- Vaccination and immunisation programmes are essential to the wellbeing of our communities.
- Overweight or obese children and young people often have easy availability to low cost, high fat and sugary food and drink.

What we plan to do

- Provide targeted support for the welfare, learning and all round development of children ensuring they make good progress from conception to 3 years so that they are ready for school at 5 years.
- Encourage pregnant women to give up smoking.
- Increase early access to ante-natal and post-natal support especially for Black African women.
- Promote breastfeeding.
- Raise awareness and take up of vaccinations
- Promote a healthy and balanced diet for families.
- Reduce the barriers to and increase opportunities for taking up physical activity amongst children.
- Provide targeted, relevant and accessible sex and relationship education to children and young people.

Outcome two

A reduced gap in life expectancy

Outcome one

Every child has the best start in life

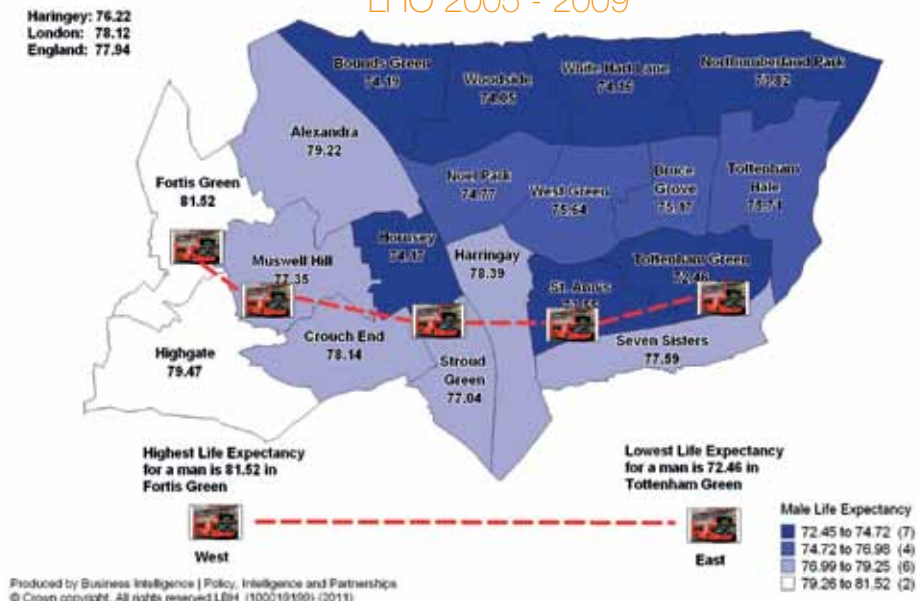
Outcome three

Improved mental health and wellbeing

What we know about Haringey

- Life expectancy is rising generally, in line with national trends, but there remains a nine year difference between men living in the east (72.5 years in Tottenham Green and those living in the west (81.5 years in Fortis Green) of the borough.
- The gap in life expectancy is mainly due to heart disease, stroke, cancer and lung disease.
- Around 28.6% of men and 24.2% of women smoke compared with 25.3% and 18.8% respectively for London.
- Alcohol related hospital admissions rates have almost doubled in the period 2004/05 -2008/9 for men and women.
- Over 50% of men and about 40% of women in Haringey were overweight or obese.

Haringey: 76.22
London: 78.12
England: 77.94



Research shows

- Smoking, poor diet, lack of exercise, alcohol misuse and obesity are risk factors for heart disease, stroke and cancers. These risk factors are more common in deprived areas.
- Obesity has more than doubled in the UK in the last 25 years and nearly a quarter of adults are obese. People who are obese die on average 9 years earlier than those who are not.
- Children who grow up in homes where there is alcohol, nicotine or drug abuse may be more likely to develop addictions.
- Heart disease is more common in lower socio economic groups, in certain black and minority ethnic groups and in people with learning disabilities.
- Giving people more choice and control over the support they need helps them to live longer, healthier lives.
- The more hours of care an unpaid carer provides, the more likely it is that they will be in poor health. This is particularly so for those providing more than 50 hours a week (21% of carers).

What we plan to do

- Protect families and communities from tobacco.
- Motivate and assist every smoker to quit.
- Extend identification and brief interventions programmes to minimise the harm caused by alcohol misuse.
- Reduce the barriers to and increase opportunities for taking up physical activity amongst adults.
- Raise awareness of heart disease, stroke and cancer, and increase take up of screening programmes, with a particular focus on men aged 40+ in the east of the borough.
- Increase the number of health checks and health action plans for people with learning disabilities.
- Promote independent living for vulnerable adults and support those who care for them.
- Promote healthy living in the planning and regeneration of Tottenham.

Outcome three

Improved mental health and wellbeing

Outcome one

Every child has the best start in life

Outcome two

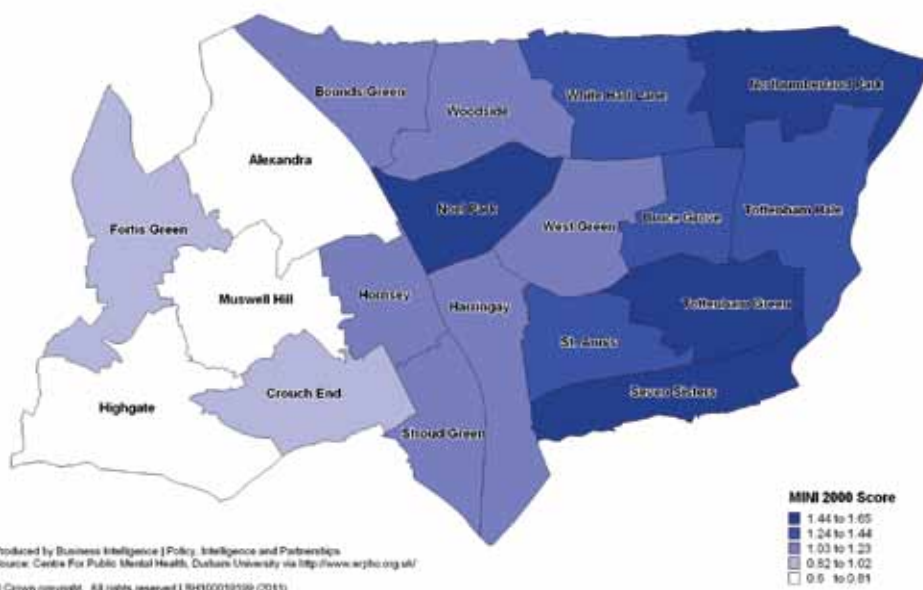
A reduced gap in life expectancy

What we know about Haringey

- Haringey is one of the most diverse boroughs in London and black and minority ethnic groups are more likely to experience mental health issues.
- Many people with severe and enduring mental health problems live in the east of the borough (Bounds Green, Woodside, St Ann's and Tottenham Green). Late diagnosis is common in the east of the borough.
- Haringey has a young population with high rates of drug and alcohol misuse and unemployment which are linked to mental ill health.
- There are an estimated 2,452 children aged 5-16 with mental health problems which is estimated to increase by 8% by 2013.

- 6.29% of residents over the age of 65 were estimated to suffer from dementia in 2008.
- The recent Tottenham disturbances will have an impact on the wellbeing of communities in the east of the borough.

MINI2000 (Mental Illness Needs Index)



Research shows

- 1 in 6 people in England suffer from a common mental health problem like depression or anxiety.
- 1 in 200 people have a serious mental illness like psychosis (where people may experience hallucinations or delusions).
- There is a strong link between physical and mental health. People with poor physical health often have poor mental health and vice versa.
- Common mental health problems for people with learning disabilities include: anxiety disorders, depression and schizophrenia.
- Poor mental health and wellbeing can impact on every aspect of life including physical health, education, employment and social functioning.
- Early diagnosis leads to improved mental health and wellbeing.

What we plan to do

- Raise awareness of sensible drinking to minimise the harm caused by alcohol misuse.
- Increase the number of problematic drug users in effective treatment.
- Improve access to education, training, employment and housing particularly increasing opportunities for young people and those with mental health problems including people with learning disabilities.
- Increase access to information and resources about mental health services to support self-help to promote wellbeing.
- Promote the inclusion of emotional wellbeing in community development initiatives, in particular the work to regenerate Tottenham.
- Prioritise prevention and early intervention by working with schools, young people and families to provide accessible non-stigmatising services in local community based settings.

We are keen to hear what you think of our plans to improve the health and wellbeing of people locally.

Tell us to what extent you; **agree** with our vision; **support** our aspirations; have other ideas of how we can improve people's health and wellbeing; and how you or your organisation can help turn our aspirations into reality.

Complete the questionnaire online at www.haringey.gov.uk/hwbstrategy

Alternatively, you can return this version by post:

Policy, Equalities and Partnerships
7th Floor, River Park House
London Borough of Haringey
Freeport RRJG-YJBH-UCRZ
London N22 8HQ

Please return your completed questionnaire by 20th December 2011.

Vision	Strongly agree	Agree	No opinion	Disagree	Strongly disagree	If you disagree, please say why
A Healthier Haringey: We will reduce health inequalities through working with communities and residents to improve opportunities for adults and children to enjoy a healthy, safe and fulfilling life.						

Aspirations	Strongly agree	Agree	No opinion	Disagree	Strongly disagree	If you disagree, please say why
Outcome 1						
1. Give every child the best start in life						
1.1 Provide targeted support for the welfare, learning and all round development of children ensuring they make good progress from conception to 3 years so that they are ready for school at 5 years						
1.2 Encourage pregnant women to give up smoking						
1.3 Increase early access to ante-natal and post-natal support especially for Black African women						
1.4 Promote breastfeeding						
1.5 Raise awareness and take up of vaccinations						
1.6 Promote a healthy and balanced diet for families						
1.7 Reduce the barriers to and increase the opportunities for taking up physical activity amongst children						
1.8 Provide targeted, relevant and accessible sex and relationship education to children and young people						
1.9 Is there anything else you would like to see included in the strategy to help us achieve this outcome?	Add your comment here					

Aspirations	Strongly agree	Agree	No opinion	Disagree	Strongly disagree	If you disagree, please say why
Outcome 2						
2. Reduce the gap in life expectancy						
2.1 Protect families and communities from tobacco						
2.2 Motivate and assist every smoker to quit						
2.3 Extend identification and brief interventions programmes to minimise the harm caused by alcohol misuse						
2.4 Reduce the barriers to and increase opportunities for taking up physical activity amongst adults						
2.5 Raise awareness of heart disease, stroke and cancer, and increase take up of screening programmes, with a particular focus on men aged 40+ in the east of the borough						
2.6 Increase the number of health checks and health action plans for people with learning disabilities						
2.7 Promote independent living for vulnerable adults and support those who care for them						
2.8 Promote healthy living in the planning and regeneration of Tottenham						
2.9 Is there anything else you would like to see included in the strategy to help us achieve this outcome?	Add your comment here					

Aspirations	Strongly agree	Agree	No opinion	Disagree	Strongly disagree	If you disagree please say why
Outcome 3						
3. Improve mental health and wellbeing						
3.1 Raise awareness of sensible drinking to minimise the harm caused by alcohol misuse						
3.2 Increase the number of problematic drug users in effective treatment						
3.3 Improve access to education, training, employment and housing particularly increasing opportunities for young people and those with mental health problems including people with learning disabilities						
3.4 Increase access to information and resources about mental health services to support self-help to promote wellbeing						
3.5 Promote the inclusion of emotional wellbeing in community development initiatives, in particular the work to regenerate Tottenham						
3.6 Prioritise prevention and early intervention by working with schools, young people and families to deliver services in local community based settings						
3.7 Is there anything else you would like to see included in the strategy to help us achieve this outcome?	Add your comment here					

4. How might you and/or your organisation contribute towards improving health and wellbeing in Haringey?

You:

Organisation:

Equalities monitoring

Asking personal questions can help us to improve the services we deliver to the community. If by monitoring we discover that certain groups of people aren't using particular services, we can address this to ensure equal access is given to all our residents.

5. Some questions about you or your organisation

5.1 Please tell us who you are

I represent a statutory organisation. Which one? _____

I represent a voluntary and community organisation. Which one? _____

I am local resident. Post code area (e.g. N8) _____

5.2 About you

1. AGE

What is your age group?

- | | | | |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------------|
| 0-4 <input type="checkbox"/> | 12-15 <input type="checkbox"/> | 25-29 <input type="checkbox"/> | 65-75 <input type="checkbox"/> |
| 5-7 <input type="checkbox"/> | 16-17 <input type="checkbox"/> | 30-44 <input type="checkbox"/> | 75-84 <input type="checkbox"/> |
| 8-9 <input type="checkbox"/> | 18-19 <input type="checkbox"/> | 45-59 <input type="checkbox"/> | 85-89 <input type="checkbox"/> |
| 10-11 <input type="checkbox"/> | 20-24 <input type="checkbox"/> | 60-64 <input type="checkbox"/> | 90 and over <input type="checkbox"/> |

2. ETHNICITY

What is your ethnic group? (Please tick one box from the appropriate section)

White

- | | |
|----------------------------------|--------------------------------|
| British <input type="checkbox"/> | Irish <input type="checkbox"/> |
|----------------------------------|--------------------------------|

White other

- | | |
|--|--|
| Greek/Cypriot <input type="checkbox"/> | Irish Traveller <input type="checkbox"/> |
| Turkish <input type="checkbox"/> | Turkish/Cypriot <input type="checkbox"/> |
| Gypsy/Roma <input type="checkbox"/> | Kurdish <input type="checkbox"/> |
| Other <input type="checkbox"/> | |

Please write in: _____

Mixed

- | | |
|--|--|
| White and Black Caribbean <input type="checkbox"/> | White and Black African <input type="checkbox"/> |
| White and Asian <input type="checkbox"/> | |
| Other <input type="checkbox"/> | |

Please write in: _____

Asian or Asian British

- | | |
|--------------------------------------|---|
| Indian <input type="checkbox"/> | Pakistani <input type="checkbox"/> |
| Bangladeshi <input type="checkbox"/> | East Asian African <input type="checkbox"/> |
| Other <input type="checkbox"/> | |

Please write in: _____

Black or Black British

- | | |
|------------------------------------|----------------------------------|
| Caribbean <input type="checkbox"/> | African <input type="checkbox"/> |
| Other <input type="checkbox"/> | |

Please write in: _____

Chinese or other ethnic group

- | |
|----------------------------------|
| Chinese <input type="checkbox"/> |
| Other <input type="checkbox"/> |

Please write in: _____

3. DISABILITY

Under the Disability Discrimination Act (DDA), a person is considered to have a disability if she/he has a physical or mental impairment which has a substantial and long-term adverse effect on her/his ability to carry out normal day-to-day activities. This includes people with HIV, cancer and multiple sclerosis (MS).

Do you have any of the following conditions which have lasted or expected to last for at least 12 months?

- Deafness or partial loss of hearing
- Blindness or partial loss of sight
- Learning disability
- Developmental disorder
- Mental health
- Long term illness, disease or condition
- Physical disability
- No disability
- Other disabilities

Please write in: _____

4. SEX

Please tick the box that best describes you:

- Male Female

5. GENDER REASSIGNMENT

a) Does your gender differ from your birth sex? Yes No

b) Are you undergoing a sex change? Yes No

6. RELIGION

Do you have a religion or belief that you would like to mention?

If so, please tick the appropriate box.

- No Religion Jewish
- Christian Muslim
- Buddhist Sikh
- Hindu Rastafarian
- Other

Please write in: _____

7. SEXUAL ORIENTATION

How would you describe your sexual orientation?

Heterosexual

Bisexual

Gay

Lesbian

8. PREGNANCY AND MATERNITY

Are you pregnant?

Yes

No

Do you have a baby under 12 months old?

Yes

No

9. MARRIAGE AND CIVIL PARTNERSHIP

Are you:

a) Married?

Yes

No

b) In a same sex civil partnership?

Yes

No

c) Co-habiting?

Yes

No

d) Single?

Yes

No

10. REFUGEES AND ASYLUM SEEKERS

Are you a refugee or asylum-seeker?

Refugee

Yes

No

Asylum-seeker

Yes

No

What country or region are you a refugee/asylum seeker from? _____

11. LANGUAGE

Please tick the box which best describes your language.

Albanian

Arabic

English

French

Lingala

Somali

Turkish

Other

Please write in: _____

Thank you very much for completing this questionnaire; your views will help us shape the future of the health and well being of Haringey.

What we will do next

Your views will be used to produce the final version of the Health and Wellbeing Strategy. The completed strategy will be launched in March 2012. You will be able to download copies from www.haringey.gov.uk

If you want this in your own language please tick the box, fill in your name and address and send to the freepost address below

Shqip

Nëse dëshironi ta keni këtë në gjuhën tuaj, ju lutemi vendosni shenjën ✓ në kuti, shënoni emrin dhe adresën tuaj dhe niseni me postë falas në adresën e mëposhtme.

Kurdî

Ku hun wena la zîmanixa daxwâzin. Lewira îflaret bîkin Navixa û navnîflanaxa tije bikin â biflenin ê navniflana jêr la vepêre.

عربي

إذا كنت تود هذا الكتيب بلغتك، فالرجاء وضع علامة على المربع، واكتب إسمك وعنوانك وارسلهما بالبريد المجاني إلى العنوان المبين بأسفل

Português

Se desejar receber o folheto na sua própria língua, por favor assinale a quadrícula, preencha com o seu nome e morada e envie para o endereço 'freepost' (com porte pago) abaixo indicado.

বাংলা

আপনি যদি এটা আপনার নিজের ভাষায় পেতে চান তবে অনুগ্রহ করে সঠিক বাক্সে টিক দিন, এবং আপনার নাম ঠিকানা লিখে নিচের ঠিকানায় পাঠিয়ে দিন, এর জন্য কোন ডাকটিকিট লাগবে না।

Limba română

Dacă doriți un exemplar al broșurii în limba dvs. maternă, vă rugăm să bifați caseta corespunzătoare, să ne dați numele și adresa dvs., și să trimiteți formularul la adresa de mai jos, fără timbru poștal.

Français

Pour recevoir ces informations dans votre langue, veuillez cocher la case, inscrire vos nom et adresse et nous renvoyer ce formulaire, sans affranchir, à l'adresse ci-dessous.

Soomaali

Haddii aad kan ku rabto afkaaga fadlan xarriijin ku dhig sanduuqa yar, ku qor magacaaga iyo cinwaankaaga oo markaas u dir cinwaanka boosta lacag la'aanta ah ee hoos ku qoran.

Ελληνικά

Αν θέλετε αυτό το έντυπο στη γλώσσα σας, παρακαλούμε σημειώστε το τετράγωνο, συμπληρώστε το ονοματεπώνυμο και τη διεύθυνσή σας και στείλτε το στην παρακάτω διεύθυνση χωρίς ταχυδρομικό τέλος.

Türkçe

Bu kitapçığın Türkçe'sini istiyorsanız, kutuyu işaretleyip, adınızı-soyadınızı, adresinizi yazdıktan sonra, lütfen bunu posta pulu yapıştırmadan aşağıdaki adrese gönderin.

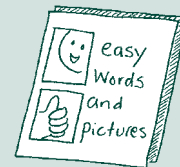
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Name: _____

Tel: _____

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Email: _____

Please return to: Freepost RLXS-XZGT-UGRJ, Haringey Council, Translation and Interpretation Services, 8th Floor, River Park House, 225 High Road, London N22 8HQ

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