

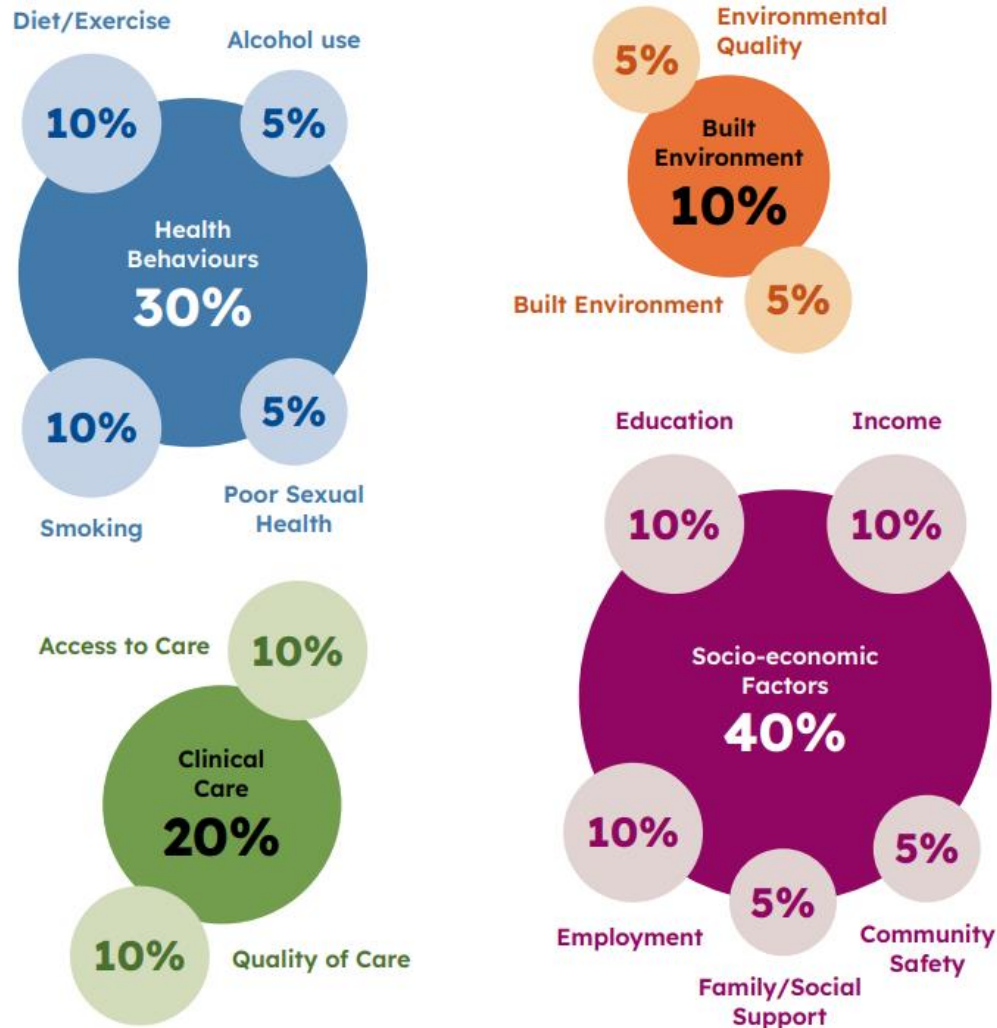
# Harlow data and evidence base for Health and Wellbeing Strategy (September 2022)

The following slides provide a summary of key data relating to Harlow's position against each of the factors highlighted in the Robert Wood Johnson model of health determinants.

The majority of the data has been extracted from the Essex Joint Strategic Needs Assessment(JSNA) reports. The full version of all reports can be found at: [Essex's Joint Strategic Needs Assessment – Essex Open Data](#). Please refer to the Essex reports for further explanations on the data such as original sources and definitions.

This data was reviewed by the members of the Harlow Health and Wellbeing Board and the wider partnership to help develop the new Harlow and Health and Wellbeing Strategy 2023 to 2028.

# Robert Wood Johnson Foundation and University of Wisconsin Determinants of health model



The model proposes that health behaviours such as smoking, drug and alcohol misuse as well as risky sexual behaviour may result in poor health outcomes

Indicator	Harlow	Epping Forest	Uttlesford	England
Population projection (2018)	86, 594	131,137	89, 179	Not applicable
Life expectancy at birth (males)	78.6 years	80.4 years	82.6 years	79.4 years
Life expectancy at birth (females)	82.5 years	84.0 years	85.4 years	83.8 years
Inequality in life expectancy (males)	6.2 years	6.4 years	3.9 years	9.4 years
Inequality in life expectancy (females)	4.0 years	5.8 years	0.9 months	7.6 years
Population living in most deprived quintile (20%)	2.5%	1.3%	0%	Not applicable
Infant mortality rate	2.6/1000	2.7/1000	3.0/1000	3.9/1000
Young people (0-15 years)	22.4%	18.9%	19.9%	Not applicable
Working aged adults (16-64 years)	62.2%	61.4%	60.6%	Not applicable
Older people (65 plus years)	15.3%	19.6%	19.5%	Not applicable

Indicator	Harlow	Epping Forest	Uttlesford	England
Year Reception prevalence of overweight (including obesity)	24.1%	20.9%	17.7%	23.0%
Year 6 prevalence of overweight (including obesity)	40.7%	32.4%	23.7%	35.2%
Over 18's overweight or obese	63.5%	62.1%	62.6%	62.8%
Physical activity in adults	60.7%	68.1%	67.8%	66.4%
Smoking prevalence in adults (18+ years) current smokers	18.6%	13.2%	13.0%	13.9%
Alcohol related conditions admissions	775/100,000	510/100,000	550/100,000	664/100,000
Deaths from drug misuse (2018-2020)	4.8/100,000	-	-	5.0
5 year olds with experience of obvious visual dental decay	25.0%	17.5%	9.7%	23.4%
Population meeting the 5 a day recommendation on a 'usual day' (average)	51.4%	61.7%	59.5%	55.4%
Under 18 conception rate	19.8/1000	10.7/1000	7.3/1000	16.7/1000

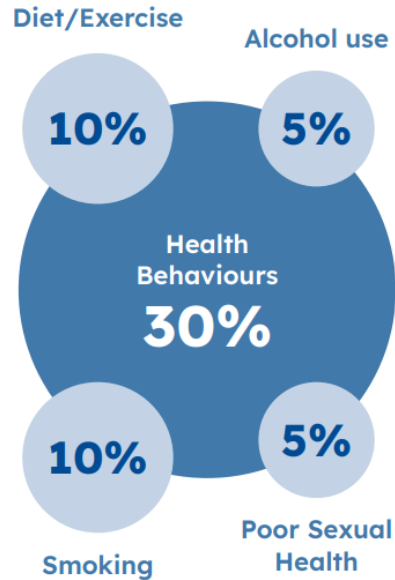
# Harlow data - Diet and Exercise (1)

## Children:

- Harlow has **2<sup>nd</sup> highest** in Essex % of **children who are overweight / obese at reception age**

Harlow has the **highest % of children overweight / obese in Year 6**

	Under weight	Normal weight	Over weight	obese
<b>Reception Aged (% of children)</b>				
Harlow	0	75	15	9
Essex average	1	77	13	10
<b>Year 6 (% of children)</b>				
Harlow	0	59	17	24
Essex average	1	66	13	20



Children living in the most deprived areas were more than twice as likely to be obese than those living in the least deprived areas.

(EDD JSNA report quoting Govt's national child measurement programme for England 2020/21)

- Harlow has the **3<sup>rd</sup> lowest proportion** in Essex of children and young people who are **physically active** (Harlow = 43%)

# Harlow data - Diet and Exercise (2)



- Harlow has the **3<sup>rd</sup> lowest %** rate in Essex of **adults who eat the recommended “5-a-day”** on a usual day at 51.4%
- Harlow has the **lowest % rate** in Essex of initiation rates of **breastfeeding** at 68%
- Harlow has the **2<sup>nd</sup> lowest** proportion of adults who are physically active in Essex at 61%

Physical inactivity is the 4th leading risk factor for global mortality accounting for 6% of deaths globally.

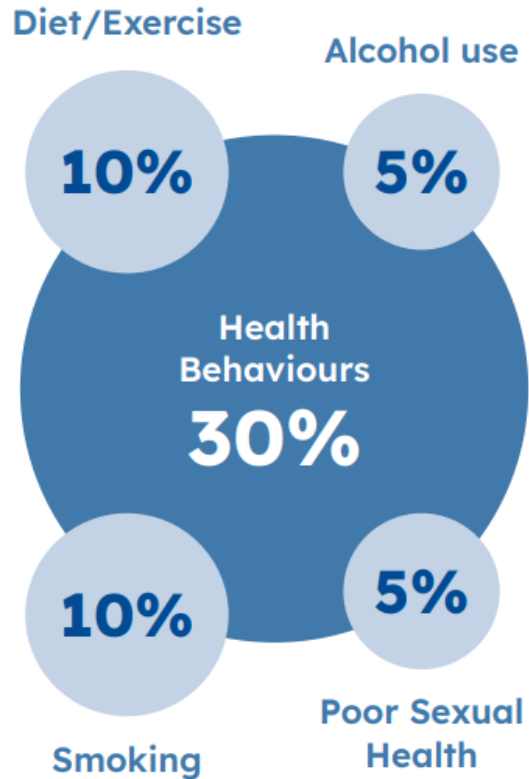
# Harlow Data - Alcohol and Drugs (1)



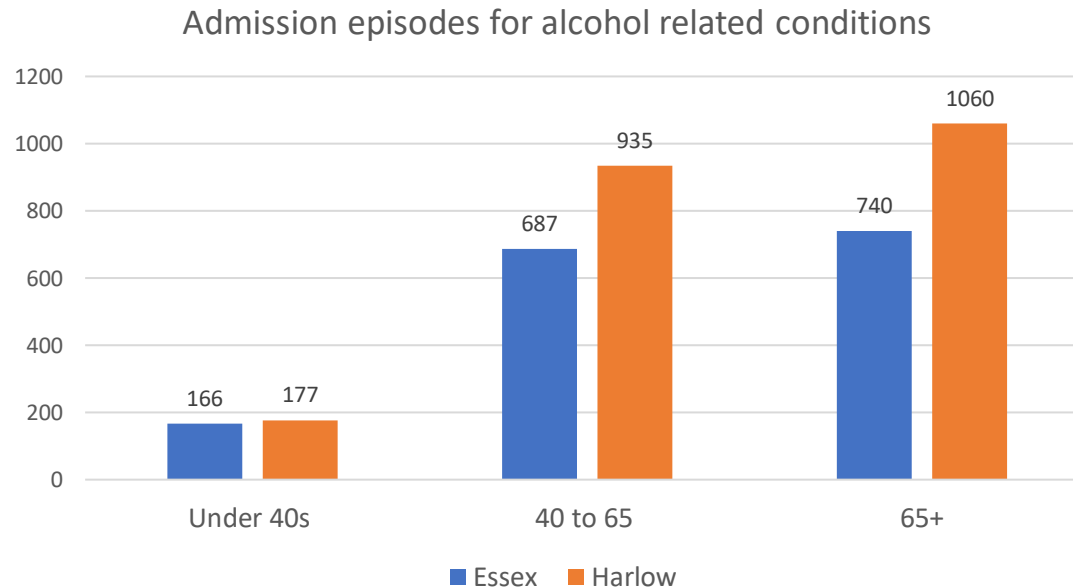
- **Harlow has the highest rates in Essex for:**

- Number of admission episodes for alcohol specific conditions (in 2020/21 Harlow = 522 compared to Essex average of 355)
- Rate of alcohol relates admissions in 2019/20 (Harlow = 1985 compared to Essex average of 1436)
- Admission episodes for alcoholic liver disease (Harlow = 108.7 compared to Essex average of 69.7)
- Admission episodes for alcohol related cardiovascular disease (Harlow = 985 compared to Essex average of 724)
- Admission episodes for alcohol related cancer 2016-18 (Harlow = 41 compared to Essex average of 37)

# Harlow Data - Alcohol and Drugs (2)



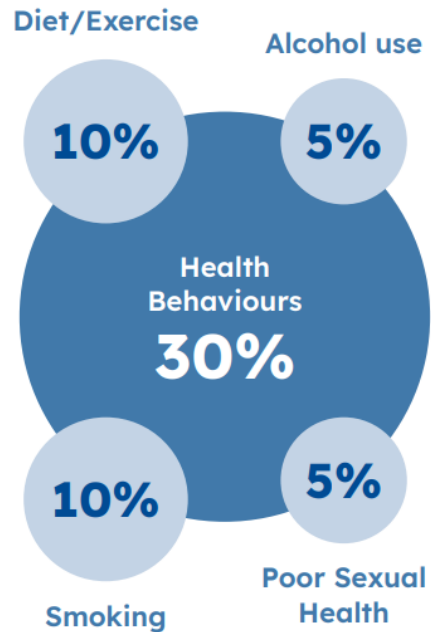
- Harlow admission episodes for alcohol related conditions by age – suggests **alcohol issues affect those aged 40 years plus and especially 65 years plus**
  - Harlow ranked 5<sup>th</sup> across Essex for under 40 years admission
  - Harlow ranked 2<sup>nd</sup> across Essex for admissions of 40 to 65 year olds
  - Harlow has highest rate of alcohol related admissions of 65 years plus





# Harlow Data - Alcohol and Drugs (3)

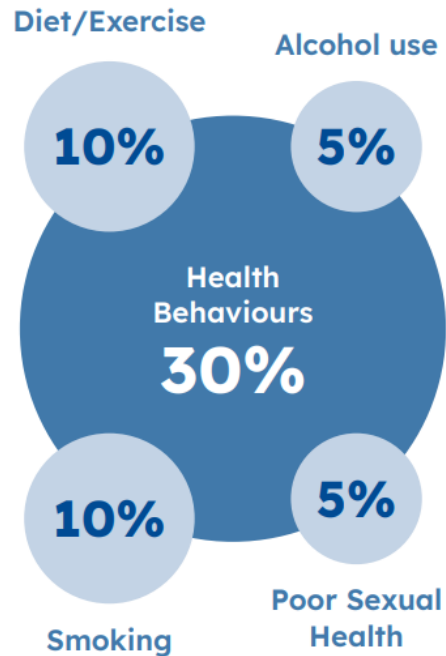
- Harlow has high rates of alcohol specific mortality (Harlow = 9 compared to Essex average of 8)
- Harlow has the 2<sup>nd</sup> highest rate of alcohol related mortality in Essex (Harlow = 39 compared to Essex average of 33)
- **Drug misuse**
  - Harlow had a 4.8 rate of drugs related deaths in 2020 compared to Essex average of 3.5.



# Harlow data - Sexual Health (1)

## HIV

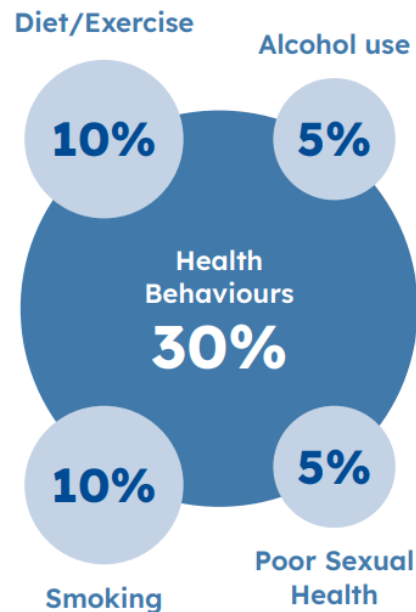
- Harlow has the **2<sup>nd</sup> highest rate** in Essex of **HIV diagnosed prevalence** at 2.81/1000 compared to the Essex average of 1.33.
- Harlow had the **highest** rate of **new HIV diagnosis** at 19 in 100,000, which is more than **3x the Essex and national average rate**.
- Harlow has seen a **116% increase in new HIV diagnosis** between 2016 and 2020 whereas most other areas in Essex saw a fall.



# Harlow Data - Sexual Health (2)

## STIs

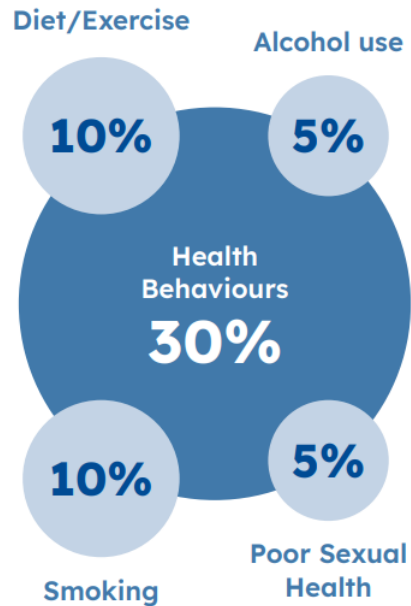
- Harlow has the **highest** in Essex **new STIs diagnostic** rate at 544 compared to the Essex average of 419. The rate has been declining over recent years.
- Harlow has the **2<sup>nd</sup> highest** rate in Essex of **Gonorrhoea diagnostic** rate at 77 compared to the Essex average of 63.
- Harlow has the **highest** rate in Essex of **syphilis diagnostic** rate at 13.7 compared to the Essex average of 4.2.
- Harlow has the **2<sup>nd</sup> highest** rate in Essex of **Chlamydia detection** at 1256 compared to the Essex average of 1100.



# Harlow Data - Sexual Health (3)

## Teenage Pregnancy

- Harlow has as under 18 Birth rate of 4.9 per 1000 compared to an Essex average of 3.1
- Harlow has the **3<sup>rd</sup> highest rate** in Essex of **under 18s conceptions leading to abortion** at 61% compared to the Essex average of 54%.
- Harlow has the highest rate in Essex of **under 18 conception rate** at 22.2 per 1000 compared to the Essex average of 14.

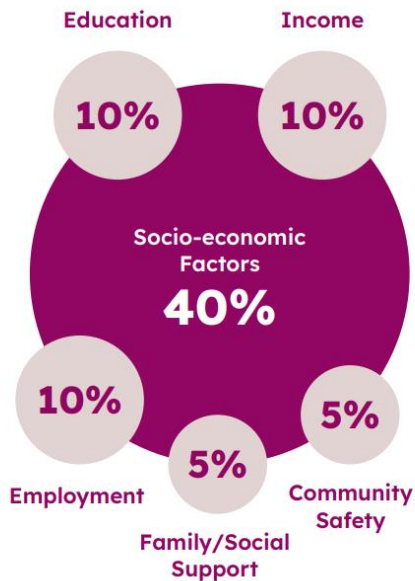


Indicator	Harlow	Epping Forest	Uttlesford	England
Children in absolute low income families (under 16s)	14.5%	9.7%	7.8%	15.6%
Gap in employment rate between those with a Long term condition and overall employment rate	9.5 % points	15.9 % points	-0.6 % points	10.6
Sickness absence - % of working days lost due to sickness absence	3.1%	0.8%	0.2%	1.1%
Adults with no qualifications	26.05%	23.95%	17.72%	22.46%
% people in employment	72.5%	80.2%	82.8%	76.2%
Average weekly earnings	£ 473.2	£ 515.1	£ 530.9	474.4
Employment and support allowance claimants (2018)	4.7%	3.7%	2.3%	5.4%
Average attainment 8 score	46.0	51.7	55.1	50.2
Violent crime: violence offences	48.2/1000	29.4/1000	19.6/1000	29.5/1000

# Harlow data – Education (1)

## Harlow has low educational attainment levels

- Harlow has the **2<sup>nd</sup> lowest %** in Essex of pupils reaching a **Good Level of Development** at the end of **reception year** at 72.5% compared to the Essex average of 74.4%.
- Harlow has the **3<sup>rd</sup> lowest %** in Essex of pupils reaching the **expected level on English and Maths at the end of KS2** at 63.9% compared to the Essex average of 66%
- Harlow has the **2<sup>nd</sup> lowest %** in Essex of pupils **passing English and Maths GCSE** at 52.9% compared to the Essex average of 64%



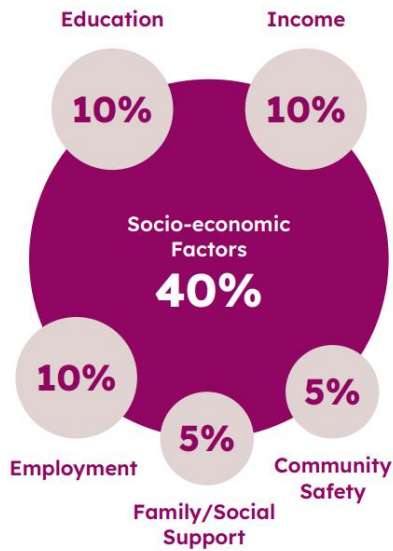
Educational qualifications is a significant predictor of wellbeing in adult life; determining labour market position, income, housing and other material resources. Educational attainment is influenced by both the quality of education and family socio-economic circumstances.

# Harlow data - Income (1)

**Child poverty** is defined as where the proportion of children living in households with income less than 60% of the national median

## Harlow has pockets of high child poverty

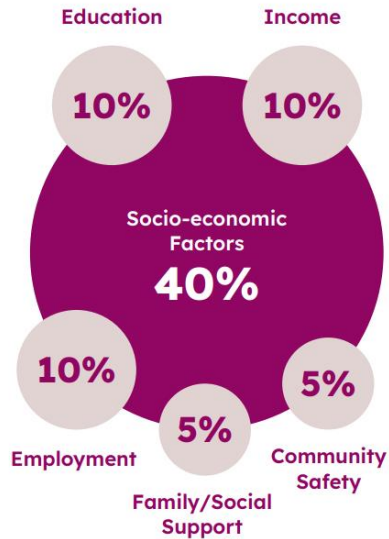
- 17.3% of children in Harlow live in low income families compared to the Essex average of 12.8%
- Harlow has the **highest** proportion in Essex of **children living in low income households after housing costs** at 32.3% equating to 6408 children, compared to the Essex average of 25.1%.
- Harlow has the **3<sup>rd</sup> highest** in Essex proportion of households in **fuel poverty** at 14% equating to 5,294 people compared to the Essex average of 12.4%
- **A total of 7629 food parcels were distributed** in Harlow in 2020/21.



# Harlow data - Income – (2)

## Changes in Median Earnings by place of work (2011-2021)

Harlow has seen hardly any increase in median earnings by place of work levels over 10 years.

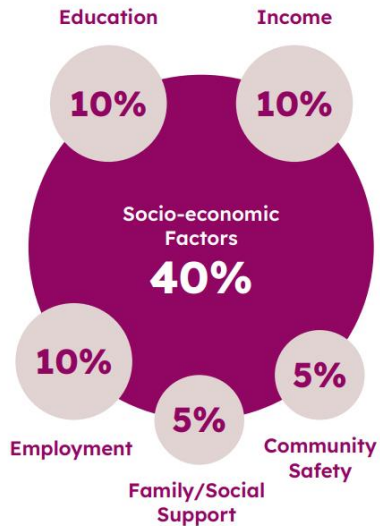


Full-time workers by place of work	Median gross weekly pay: 2011	Median gross weekly pay: 2021	Change (£) 2011-2021	Change (%) 2011-2021
Tendring	£396.50	£569.30	+ £172.80	+44%
Castle Point	£367.30	£519.20	+ £151.90	+41%
Rochford	£441.90	£595.00	+ £153.10	+35%
Chelmsford	£513.50	£630.70	+ £117.20	+23%
Uttlesford	£510.50	£626.20	+ £115.70	+23%
Southend-on-Sea	£460.90	£555.80	+ £94.90	+21%
Colchester	£467.40	£561.50	+ £94.10	+20%
Epping Forest	£526.10	£628.20	+ £102.10	+19%
Thurrock	£518.10	£613.60	+ £95.50	+18%
Basildon	£519.20	£605.40	+ £86.20	+17%
Brentwood	£561.60	£643.90	+ £82.30	+15%
Maldon	£468.00	£521.40	+ £53.40	+11%
Braintree	£466.20	£517.50	+ £51.30	+11%
Harlow	£537.00	£544.80	+ £7.80	+1%
Essex	£497.10	£583.90	+ £86.80	+17%
Greater Essex	n/a	n/a	n/a	n/a
East	£489.30	£601.90	+ £112.60	+23%
England	£504.00	£613.30	+ £109.30	+22%

Over the period 2011-2021, Tendring, Castle Point and Rochford saw the largest absolute and percentage point increases in workplace-based full-time median gross weekly pay, albeit starting from the three lowest 2011 baselines. **During the same period, Harlow has seen little increase.**

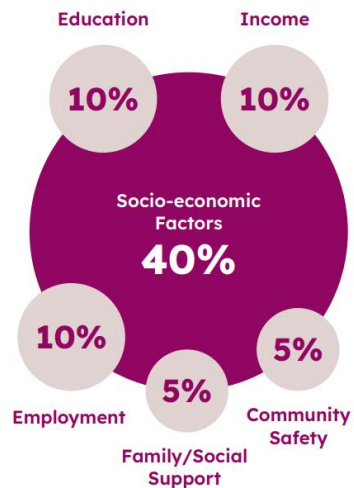


# Harlow data - Income – (3)



- Harlow has the **lowest earnings by place of residence** in Essex at £529 median gross weekly pay compared to the Essex average of £635
- Harlow has the **2<sup>nd</sup> highest** proportion of residents aged 16 to 24 **claiming any working age benefits** at 27.3% compared to the Essex average of 19%
- Harlow has the **2<sup>nd</sup> highest** rate in Essex of residents with **less than £125 discretionary income per month** at 41.6% compared to the Essex average of 27.4%

# Harlow data – Employment (1)

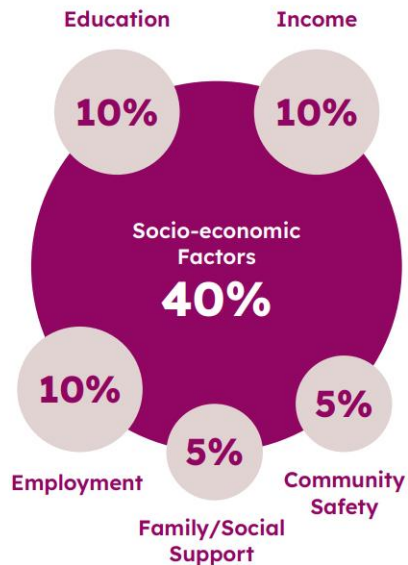


- Harlow has the 3<sup>rd</sup> lowest rate in Essex of economically active adults at 77.9% compared the Essex average of 81.2%
- Harlow has consistently high levels of unemployed. In Jan / Dec 2021 the unemployment rate in Harlow was 4.4% compared to the Essex average of 3.6%
- Harlow also has a consistently high claimant count. In March 2022 Harlow was at 5.4% compared to the Essex average of 3.3%

# Harlow data – Employment (2)

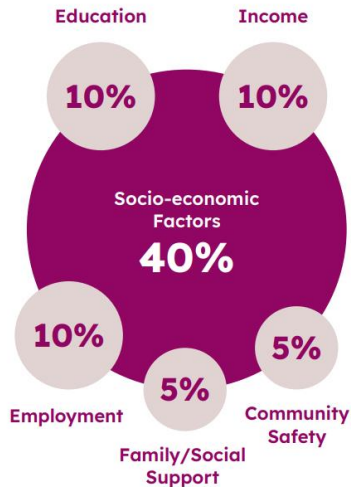
## Harlow has seen a decline in numbers / density in jobs

- In 2020 Harlow had a total of 44,000 jobs.
- Between 2001 to 2020 Harlow has seen a **4% loss in jobs** (from 46k to 44k jobs). During this period all other Essex LAs saw an increase in the numbers of jobs available locally.
- 44k equates to a **job density of 0.81** compared to the Essex average of 0.77. (Job density is the number of local jobs per head of working age population).
- Between 2001 and 2020 Harlow saw a **decline of 11% in job density** whereas most other Essex LA saw an increase in their job density .



# Harlow data – Employment (3)

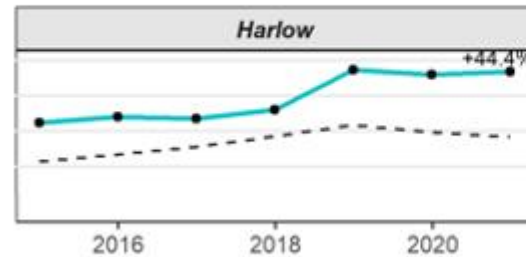
- Harlow has the **lowest level** in Essex of **residents workforce in managerial, professional, associate professional and technical professional roles** at 34.4% compared to the Essex average of 47.5%



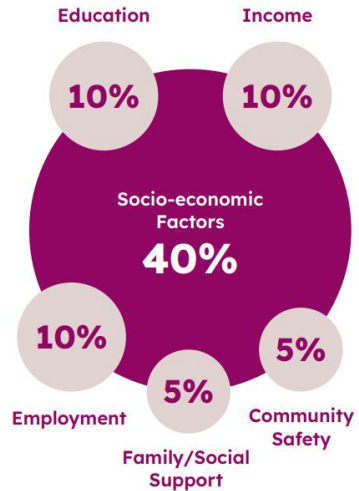
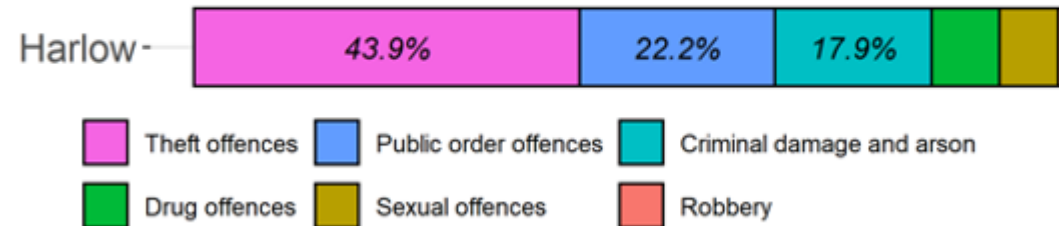
# Harlow data – Community safety

- Harlow has the **highest** rate in Essex of **reported crime** at 117 crimes per 100,000 population.

**Levels of reported crime have increased everywhere**  
 Total reported crime per 100,000 residents. Dashed line is East of England



- Types of crime mainly falls into the categories of theft offences, public order offences and criminal damage and arson.



- 47% of Harlow residents expressed **concern about crime and anti-social behaviour in their area** in the 2020 Essex Resident Survey. This is significantly higher than the average for Essex at 34%.

Being affected by crime can have long lasting (physical and mental) effects on people. Living in areas with high levels of crime, or high perceived levels of crime, can also indirectly affect health. For example people living in areas with high levels of crime may be less likely to engage in physical activity. There is also evidence that children & young people who are exposed to crime are at risk of poor long term behavioural and mental health outcomes.

Indicator	Harlow	Epping Forest	Uttlesford	England
Households in temporary accommodation	7.2/1000	2.0/1000	0.4/1000	3.8/1000
Total households on housing waiting list	2965	1376	1112	Not applicable
Percentage of adults walking for travel at least 3 times per week	16.7%	24.1%	25.7%	22.7%
Percentage of adults cycling for travel at least 3 times per week	2.6%	1.3%	2.3%	3.1%
Number of fast food outlets (rate per 100,000)	81.6/100,000	58.2/100,000	41.6/100,000	88.6/100,000
Travel time to hospital (average)	23.4 minutes	41.1 minutes	50.6 minutes	Not applicable
Travel time to GP services (average)	10.4 minutes	12.1 minutes	15.1 minutes	Not applicable
Killed and seriously injured casualties on England's roads	36.4/100,000	88.8/100,000	69.9/100,000	42.6/100,000
Loneliness (adults)	20.92%	15.10%	15.98%	22.26%
Households that experience fuel poverty (estimated percentage) 2018	7.5%	8.2%	9.3%	10.3%

# Harlow data – Built Environment

The Robert Wood Johnson model considers aspects such as Air quality, housing and green infrastructure and civic assets under the “Built Environment” section.

## Housing:

- Harlow had a 9.09 ratio of median house price to median gross annual workplace-based earnings in 2020 compared to the Essex average of 10.16
- Harlow saw a 70.91% percentage change in the median house price between 2010 to 2020
- Harlow’s Council Housing stock has an average energy rating of D
- Harlow has the highest proportion in Essex of households living in overcrowding conditions of 10%



# Wider measures of Connectedness (1)




The connectedness domain looks at wider measures of connectedness (see table right), alongside physical connectivity: travel times to key services and access to key health assets (see following slide).

The data suggests that the availability of local jobs, broadband speeds and loneliness scores\* are challenges across all areas of Essex.

\* Loneliness Index is created by using GP prescription data to find areas with above-average prescriptions for five conditions where loneliness has been shown to be a risk factor.

^ Jobs density has been calculated using [Travel to Work Areas](#) (TTWA) to reflect the fact that people commonly commute outside of their local ward or district to work. TTWAs are a geography created to approximate labour-market areas, designed to reflect self-contained areas in which most people both live and work. The current ONS criteria for defining TTWAs are that at least 75% of the area's resident workforce work in the area, and at least 75% of people who work in the area also live in the area. As such they frequently cover an area larger than a single district.

Performance on key connectedness indicators						
District	Jobs density (TTWA <sup>^</sup> )	Households with no car	Avg. broadband speed	People living alone	Loneliness Index	People feeling lonely
	Jobs / 100 working age pop	%	Mbit/s	%	Score	%
Essex	0.82	18.0	39.3	28.4	0.6	4.2
Basildon	0.72	21.9	50.4	29.5	-0.2	4.6
Braintree	0.87	16.2	25.4	27.1	0.4	4.2
Brentwood	0.87	14.9	27.3	28.9	0.5	3.8
Castle Point	0.71	16.8	41.7	26.1	0.9	3.7
Chelmsford	0.87	15.7	40.8	27.5	0.9	4.1
Colchester	0.79	20.6	45.7	29.1	0.8	4.3
Epping Forest	1.00	15.3	54.5	29.4	1.1	4.2
Harlow 	1.00	24.9	66.8	30.6	0.5	5.4
Maldon	0.87	12.6	23.4	26.8	1.1	4.0
Rochford	0.71	14.5	26.4	24.2	1.5	3.9
Tendring	0.63	23.4	24.0	33.1	0.4	4.1
Uttlesford	0.96	10.1	28.6	23.5	0.3	3.6
East of England	0.88	18.5	44.6	28.5	0.6	4.4
England	0.87	25.8	45.1	30.2	0.1	4.8

Source: Assessing the strength of communities in Essex, ECC (2020).



# Harlow data – Connectedness (2)

Average distance (in km) from key health assets			
	Dentist	Leisure centre	Pharmacies
Harlow	1.4	3.1	1.0
Essex	2.2	4.2	1.5
England	1.8	3.6	1.3



Average travel time (mins) to key services by walking and public transport							
	Employment centre	FE institution	GP	Hospital	Primary school	Secondary school	Supermarket
Harlow	11	18	10	24	7	13	9
Essex	13	22	13	47	10	19	10
England	12	21	13	39	9	19	9

# Harlow data – Air Quality

- Whilst Harlow's CO2 emissions per square KM fell by the greatest amount in Essex between 2002 and 2019, falling 44%, the levels in Harlow remain the highest in Essex by far at 12.2



# Harlow data – Green Infrastructure and civic assets

- Harlow has a Green Infrastructure level of 46.4% which is the 2<sup>nd</sup> highest in Essex.
- Harlow has 8.6% woodland coverage.



Density of civic assets					
	Density of community space	Density of cultural assets	Density of educational assets	Density of sports and leisure assets	Density of green assets
Harlow	3.6	0.2	3.0	2.0	5.3
Essex	3.7	0.3	2.5	1.8	2.4
England	4.2	0.4	3.3	2.9	3.4

# Harlow data -

## Quality of care

- Harlow services that have CQC require improvement ratings currently include:
  - PAH: maternity services & Urgent and emergency services
  - Lister Medical Centre (GP surgery)



Indicator	Harlow	Epping Forest	Uttlesford	England
Under 75 mortality from cardiovascular diseases considered preventable (3 year range)	34.8/100,000	23.1/100,000	18.8/100,000	28.1/100,000
Under 75 mortality from cancer considered preventable	57.9/100,000	53.1/100,000	40.6/100,000	54.1/100,000
Under 75 mortality from liver diseases considered preventable	16.0/100,000	13.9/100,000	11.0/100,000	16.7/100,000
Under 75 mortality from respiratory diseases considered preventable (2019 definition)	18.0/100,000	14.2/100,000	11.7/100,000	20.2/100,000
Suicide rate (data 2018-2020)	16.3/100,000	7.4/100,000	10.5/100,000	10.4/100,000
% of cancers diagnosed at stage 1 and 2	57.3%	57.9%	59.5%	55.0%
Cancer screening coverage- breast cancer	70.3%	75.9%	78.6%	74.1%
Cancer screening coverage- cervical (25-49)	70.4%	74.2%	79.0%	70.2%
Cancer screening coverage- cervical (50-64)	74.4%	78.1%	80.1%	76.1%
Cancer screening coverage- bowel	58.4%	62.5%	67.8%	63.8%
Cancer screening coverage- AAA	69.5%	73.1%	76.5%	76.1%

# Harlow data - Mental Health (1)

**Harlow has the highest level of common Mental Health (MH) disorders in Essex for all of the following factors:**

- Estimated prevalence of **common MH disorders aged 16years+** (at 19.1% compared to Essex average of 14.9%)
- Estimated prevalence of **common MH disorders in aged 65years+** (at 12.2% compared to Essex average of 9.5%)
- The **QOF incidence of depression** (at 1.7 compared to the Essex average of 1.1)
- **High smoking prevalence** among people with long term MH conditions in Harlow



# Harlow data - Mental Health (2)



- Harlow has a QOF prevalence of **serious MH illness** of 0.84 compared to Essex average of 0.81. This is below the national average of 0.95
- Harlow has the 2<sup>nd</sup> highest rate of **S136s\*** across Essex at 112.3 compared to the Essex average of 62.2
- The rate of **dementia diagnosis** in older people in Harlow is 59.1% which is below the Essex average of 60.1%

\* **S136 Definition:** S136 allows the police to detain those in mental ill health crisis and take you to a place of safety so that a mental health assessment can be done. This power can be used in both public and private spaces but does not include private dwellings or those attached to it Does not require a warrant.

# Harlow data - Mental Health (3)



- Harlow has the **2<sup>nd</sup> lowest** in Essex **average Happiness** score at 7.3 (compared to the Essex average of 7.5)
- Harlow has the **lowest** in Essex **average life satisfaction** score at 7.3 (compared to the Essex average of 7.7)



# Harlow data - Mental Health (4)

The death of someone by suicide has a devastating effect on families, friends, workplaces, schools and communities, as well as an economic cost.

## Suicide

- Harlow has the highest rate in Essex of years lost due to suicide
- The suicide rate in Harlow is 16.3 compared to the Essex average of 12.6

