

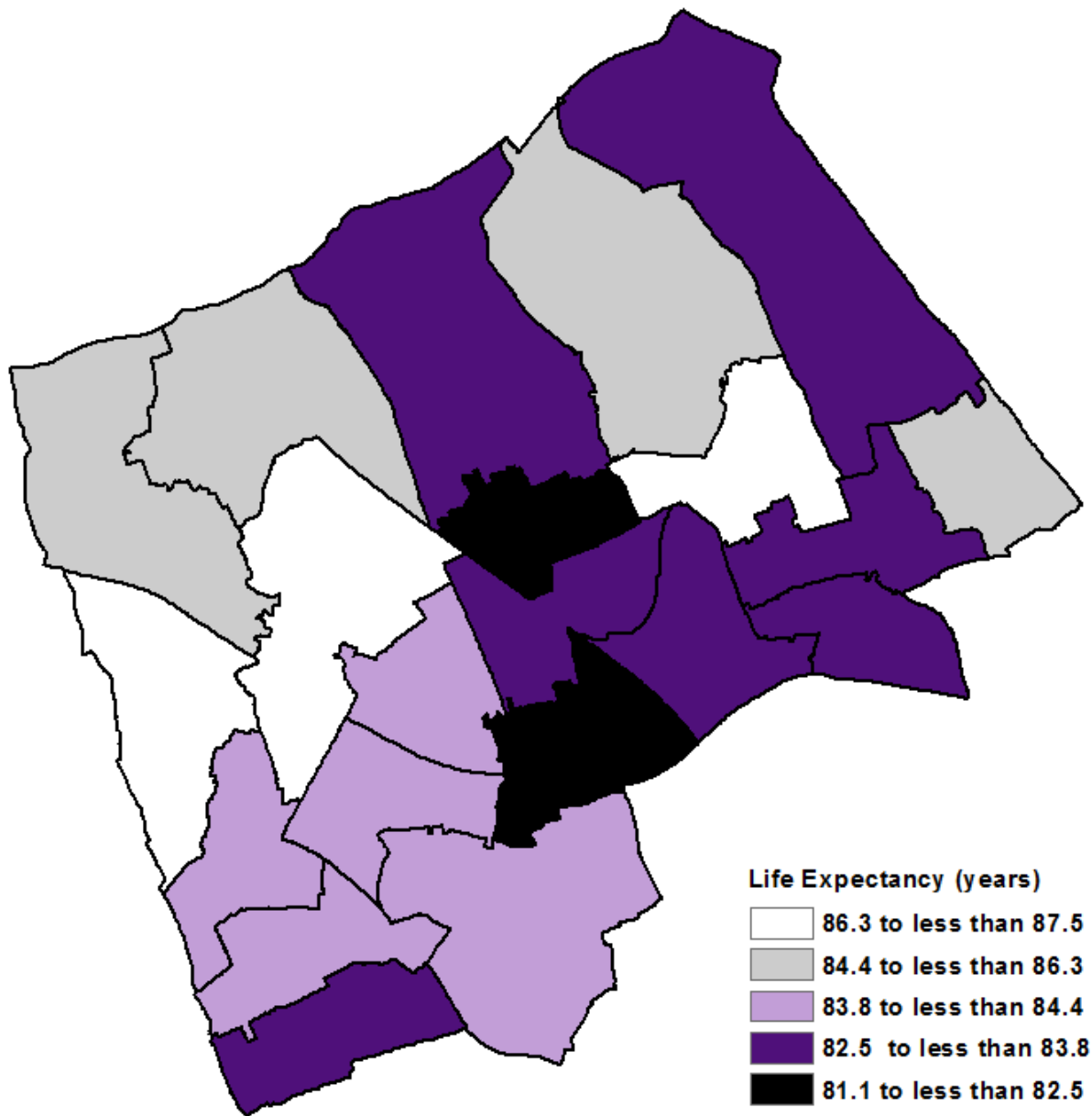
Harrow Vitality Profiles

2018 - 2019

Health

Life Expectancy

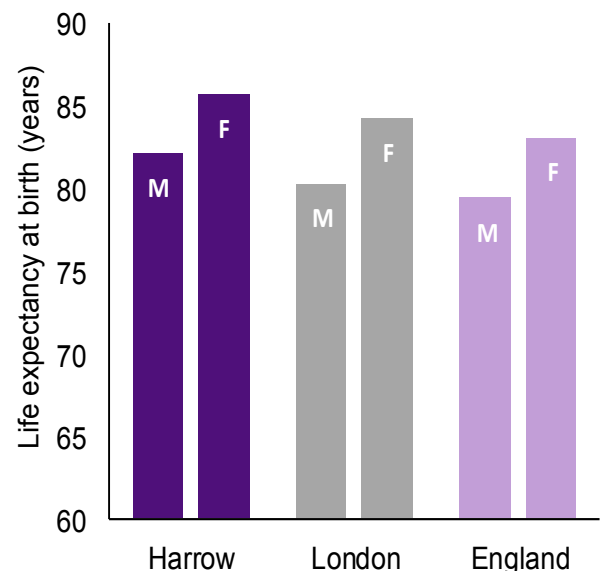
Source: Public Health England and Office for National Statistics



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Ordnance Survey 100019206

- Average life expectancy at birth in Harrow is 83.9 years, above the London average of 82.3 years and national average of 81.3 years. Harrow has the third highest life expectancy of all London boroughs.
- The ward with the lowest life expectancy is Greenhill at 81.1 years. This is the only ward within Harrow to have a life expectancy below the national average.
- All but two Harrow wards (Greenhill and Wealdstone) have life expectancies higher than the London average. Pinner South ward has the highest life expectancy at 87.4 years.
- Life expectancy increased in all wards from 2001 to 2015

National Comparison



Life Expectancy, 2011-2015

Source: Public Health England and ONS

Life expectancy at birth is an estimate of the average number of years a new-born baby would survive if he or she experienced the age-specific mortality rates for that area and time-period throughout their life. Figures reflect mortality among those living in the area in each time period, rather than mortality of those born in the area.

Life expectancy represents the cumulative effects of the prevalence and severity of risk factors and disease, and the effectiveness of interventions and treatment. Differences also depend on the population composition, for example sex and ethnicity.

Average life expectancy at birth in Harrow for males is 82.1 years, and for females 85.7 years. This compares favorably with the national average of 79.4 for males and 83.1 for females. Overall life expectancy in Harrow increased by 3.2 years from 2001 to 2015, slightly lower than the national increase of 3.6 years.

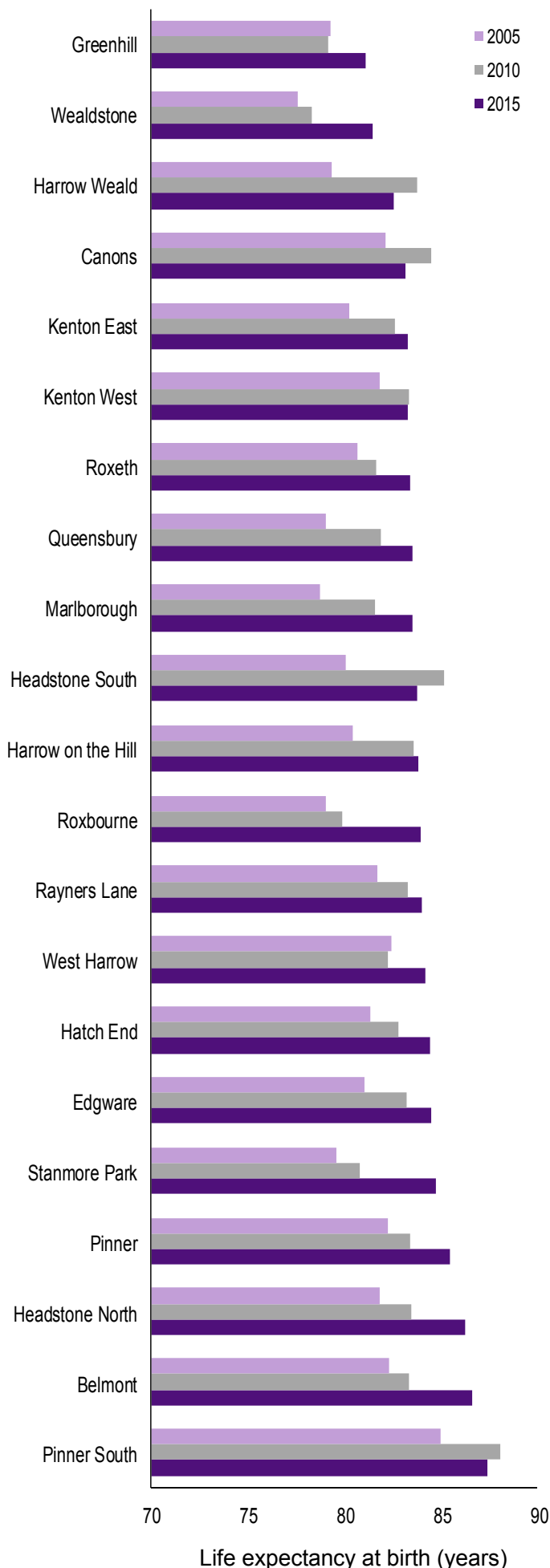
The average difference between life expectancies in the highest and lowest wards is 6.3 years. The pattern for males and females is slightly different. The highest life expectancy for males is found in Pinner South (85.7), and for females in Headstone North (89.5). The lowest life expectancy for males is in Greenhill (78.7), whilst for females it is in Wealdstone (82.8).

Over the period 2001 to 2015 life expectancy increased in all wards. The largest increase was in Stanmore Park which had a rise of 5.1 years. The smallest increase was in Canons with a rise of one year. From 2006 to 2015 five wards had a decrease in life expectancy, of which three were greater than one year: Headstone South, Canons (both 1.4 years) and Harrow Weald (1.2 years).

London Rank

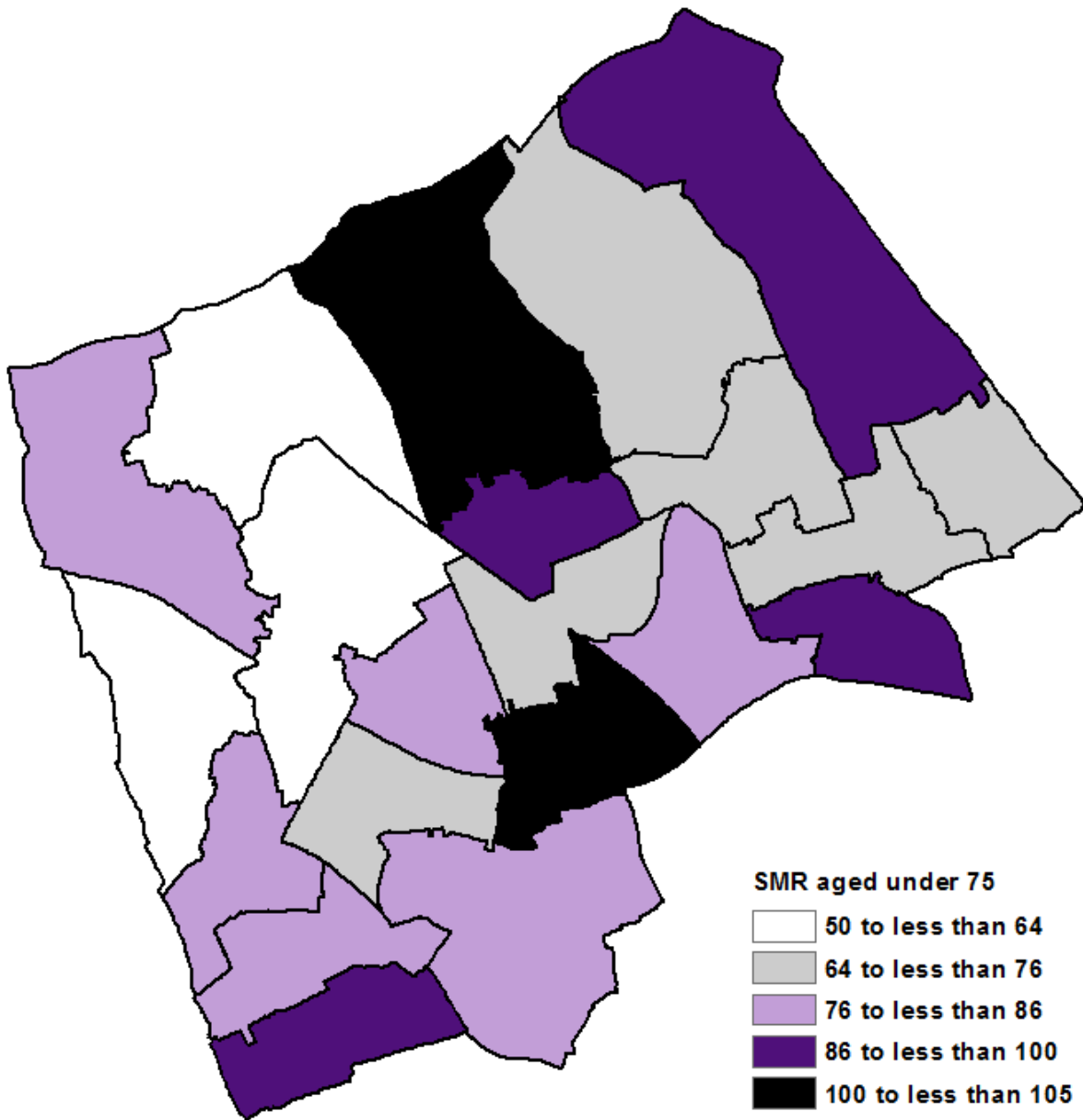
Source: Public Health England and ONS

3/33 London
(where 1 is the borough with the highest life expectancy)



Deaths from all Causes

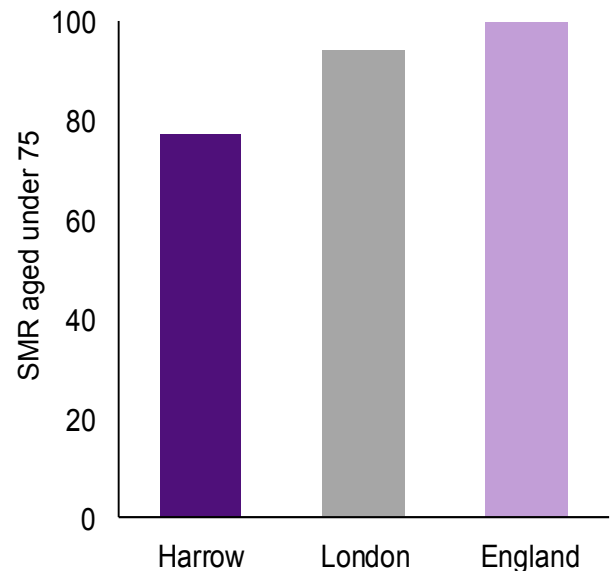
Source: Public Health England



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- Harrow has a much lower Standardised Mortality Ratio (SMR) than either London or England for deaths from all causes of those aged under 75 years. Harrow has a SMR of 77.1, ranking it in the lowest five London Boroughs.
- Two of Harrow's wards have SMRs over 100, indicating that there are more premature deaths in these wards than the national average. These are Harrow Weald and Greenhill.
- Three wards (Headstone North, Hatch End and Pinner South) have SMRs of less than 60, representing some of the lowest SMRs nationally

National Comparison



Deaths from all Causes, 2011-2015

Source: Public Health England

Rates are standardised for age variations between wards - so higher or lower death rates do not simply reflect differences in age. A ward-level SMR is a measure of how more or less likely a person living in that ward is to die compared to the standard population, in this case England. Data is presented for a five year period as the number of cases by year is relatively small.

An SMR of 100 indicates that the ward has average mortality, higher than 100 indicates that the ward has higher than average mortality, and lower than 100 indicates that the ward has lower than average mortality.

Deaths of those aged under 75 are considered to be premature deaths and as such are a good indicator of the health of the population. It represents the cumulative effect of the prevalence of risk factors, prevalence and severity of disease, and the effectiveness of interventions and treatment. The significant variation in the figures across Harrow highlights the health inequalities within the borough.

The wards with the highest SMRs are Harrow Weald and Greenhill. These both have a SMR of over 100 (104.1 and 102.3 respectively), indicating that there are slightly more premature deaths in these wards than the national average. Wealdstone and Roxeth wards have a SMR above 90.

Headstone North, Hatch End and Pinner South have the lowest SMRs (below 60). Headstone North, with a SMR of 50.8, ranks in the lowest 3% of all wards in England.

Over the ten year period the SMR has decreased across Harrow as a whole, with Marlborough showing the greatest improvement of any ward. Some wards buck this general trend however, with Kenton West being of note as the only ward to have consistently seen an increase in its SMR during this period.

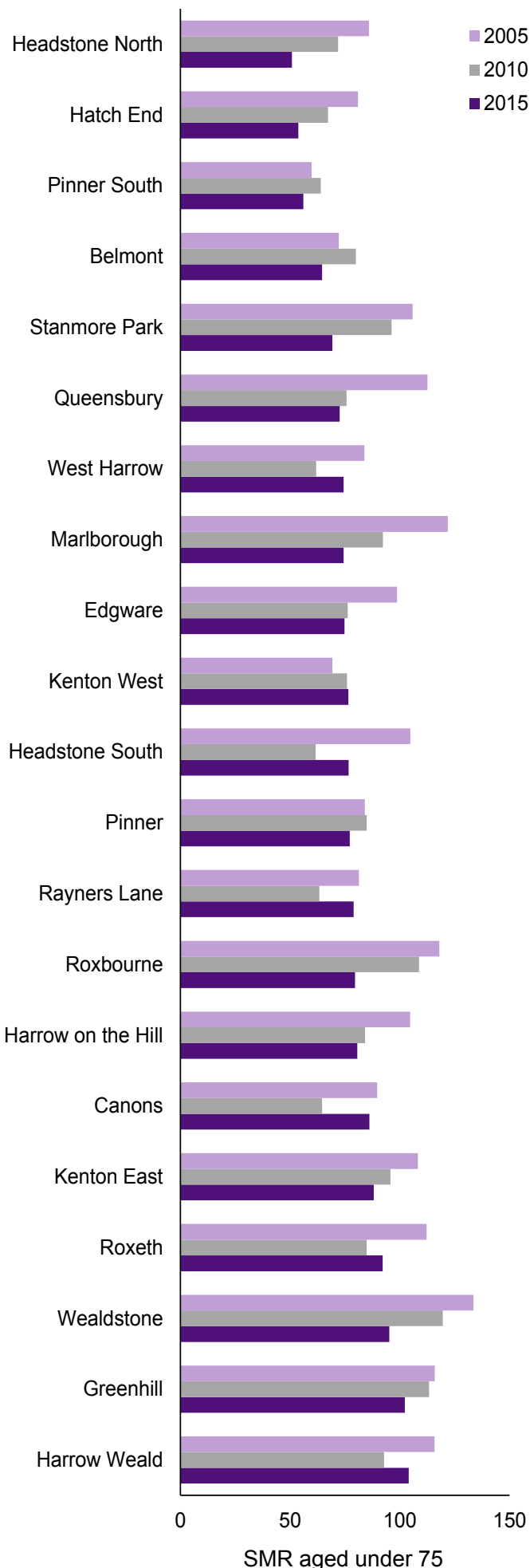
London Rank

Source: Public Health England

29/33

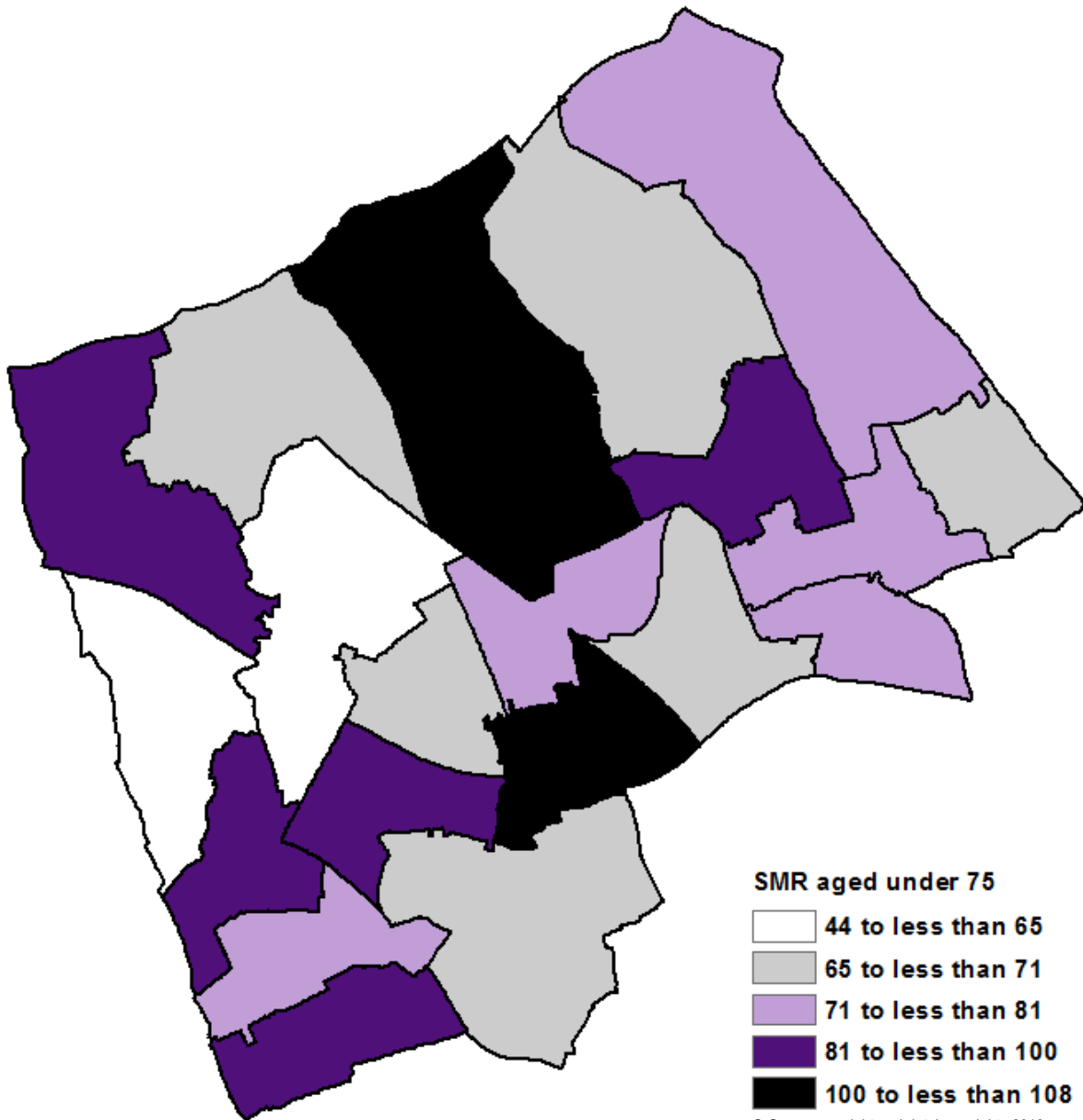
London

(where 1 is the borough with the highest SMR)



Deaths from Cancer

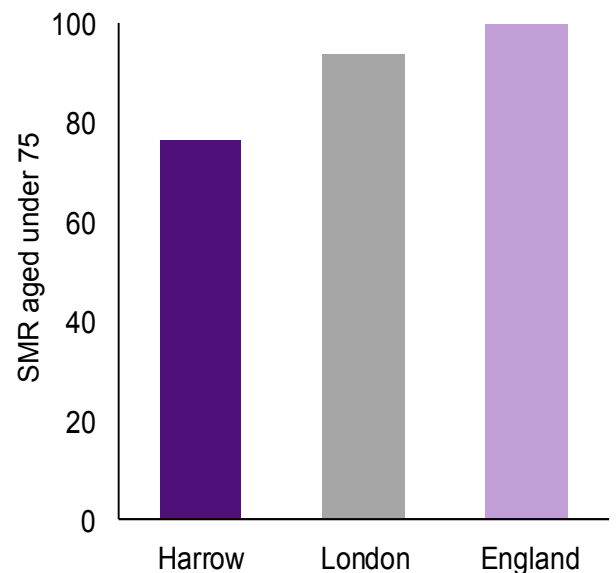
Source: Public Health England



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- Harrow's Standardised Mortality Ratio (SMR) for cancer deaths aged under 75 years is considerably lower than both the London and national rates. Harrow ranks 32 out of all London boroughs, with only the City of London having a lower SMR.
- Three of Harrow's wards have SMRs over 100, indicating that there are more premature deaths due to cancer in these wards than the national average. These are Harrow Weald, Greenhill and Wealdstone.
- The lowest levels of premature deaths from cancer are found in Headstone North and Pinner South

National Comparison



Deaths from Cancer, 2011-2015

Source: Public Health England

Rates are standardised for age variations between wards - so higher or lower death rates do not simply reflect differences in age. A ward-level SMR is a measure of how more or less likely a person living in that ward is to die compared to the standard population, in this case England. Data is presented for a five year period as the number of cases by year is relatively small.

An SMR of 100 indicates that the ward has average mortality, higher than 100 indicates that the ward has higher than average mortality, and lower than 100 indicates that the ward has lower than average mortality.

Around 40% of all deaths in under 75 year olds living in Harrow are due to cancer, which is consistent with the national average.

Many cancers have significant lifestyle risk factors. It is estimated by Cancer Research UK that 4 in 10 cancer cases could be prevented by adopting healthier habits. The biggest risk factor is smoking. Other risks include obesity, poor diet, excess alcohol consumption and lack of physical activity. Access to rapid diagnosis and medical treatment has a direct impact on survival rates.

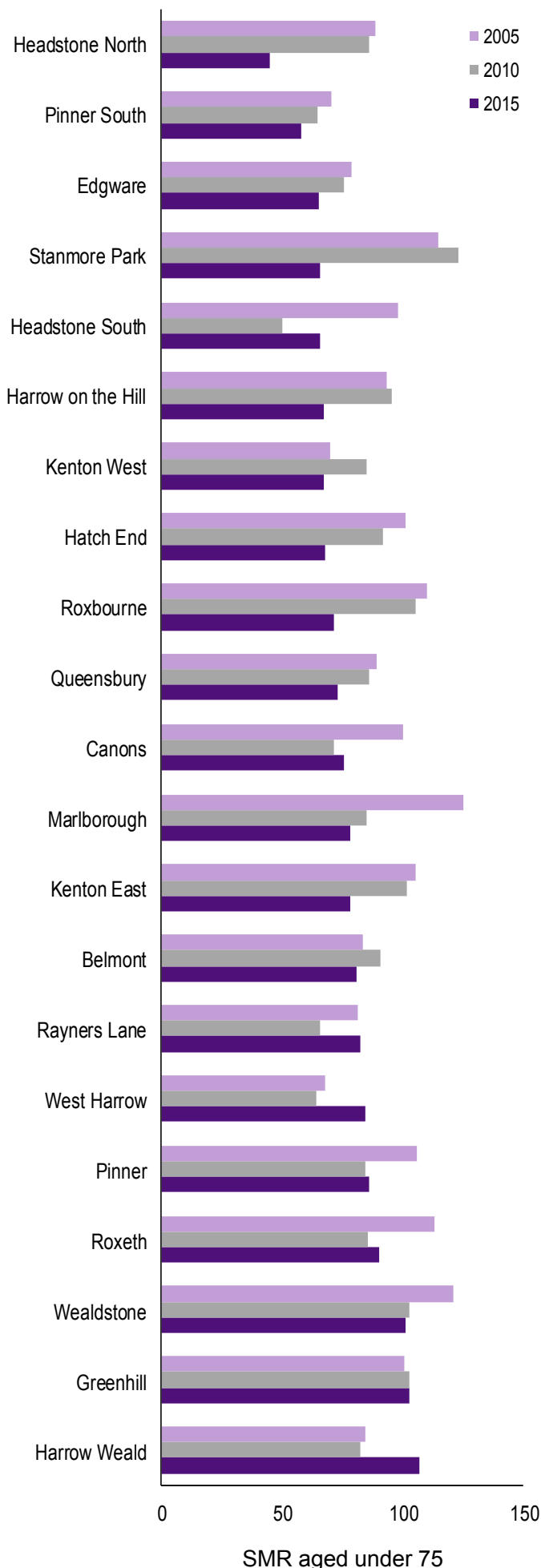
The highest SMRs are in Harrow Weald, Greenhill and Wealdstone. These three wards all have a SMR of over 100 (107.1, 102.7 and 101.4 respectively), showing that there are more premature deaths due to cancer in these wards than the national average. Headstone North and Pinner South have the lowest SMRs. Headstone North's SMR decreased considerably in the five years to 2015, down to 44.9 - near to the lowest nationally.

From 2001 to 2015 there was a decrease in the SMR across Harrow as a whole. Marlborough and Stanmore Park wards experienced the greatest improvements in their SMRs. Four wards have a higher SMR than 2005, with West Harrow and Harrow Weald having increased considerably in the five years to 2015.

London Rank

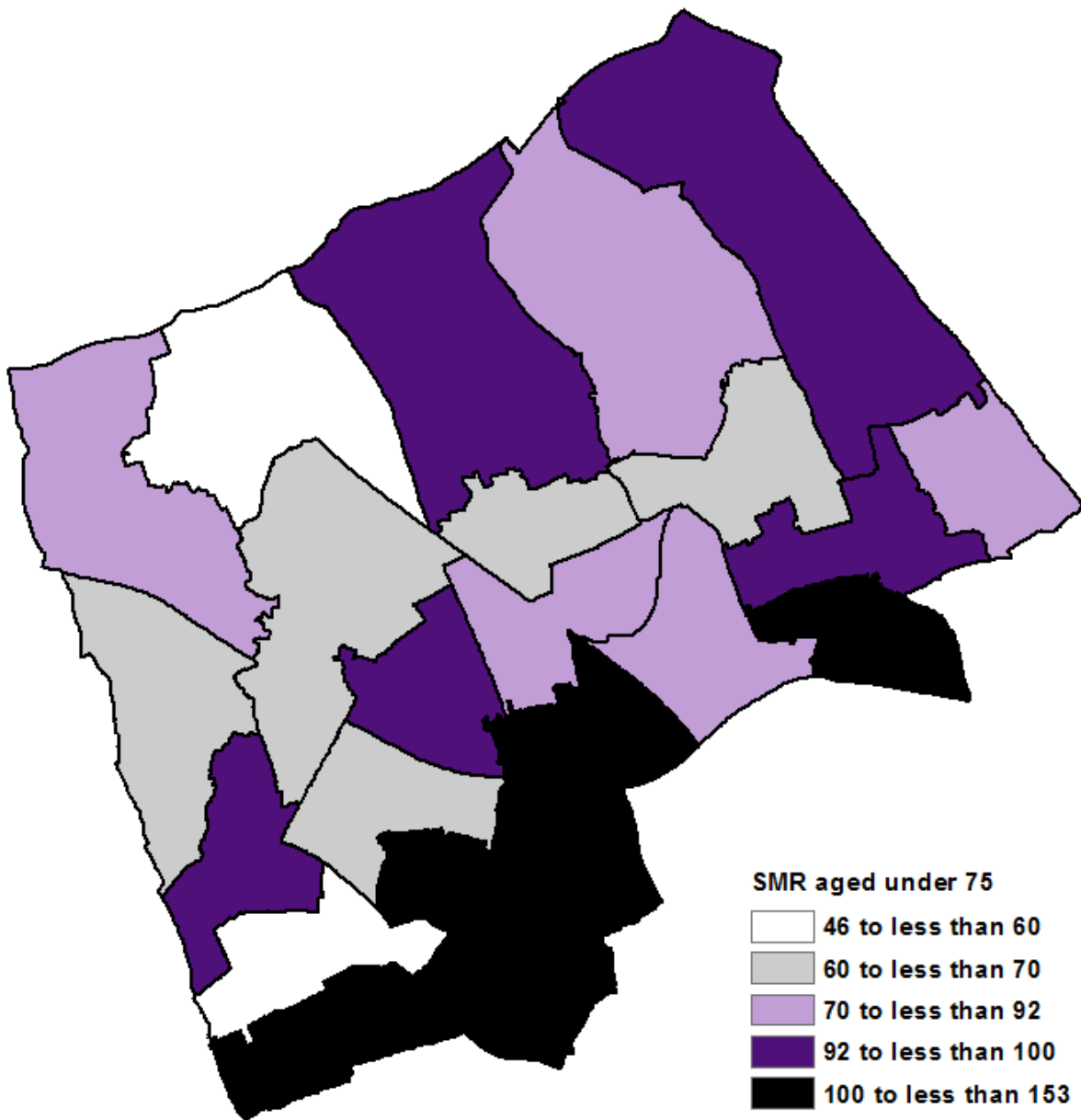
Source: Public Health England

32/33 London
(where 1 is the borough with the highest SMR)



Deaths from Circulatory Diseases

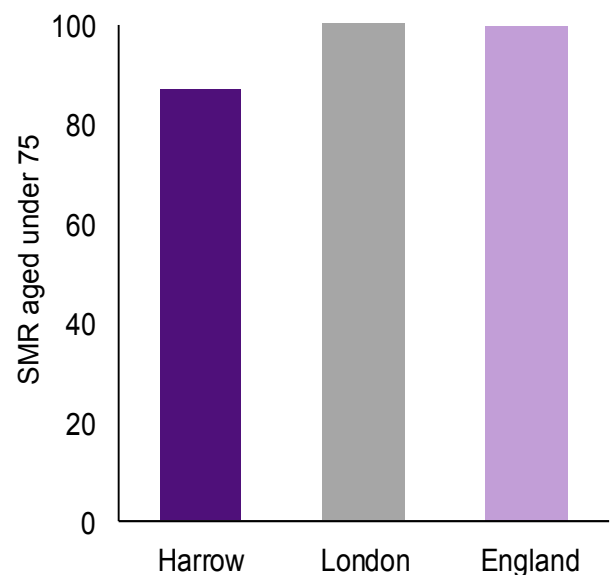
Source: Public Health England



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Ordnance Survey 100019206

- Harrow has a lower Standardised Mortality Ratio (SMR) than either London or England for deaths from circulatory disease of those aged under 75 years. Harrow has a SMR of 87 compared with 101.9 for London, and 100 for England.
- Four of Harrow's wards have SMRs over 100, indicating that there are more premature deaths in these wards than the national average. Greenhill and Kenton East have SMRs of 152.3 and 132.1 respectively, considerably higher than average.
- The SMR for Harrow as a whole has increased in the five years to 2015, from 81.6 to 87, with two thirds of wards experiencing a rise. However, the SMR still remains much lower than the 2005 figure of 114.2.

National Comparison



Deaths from Circulatory Diseases, 2011-2015

Source: Public Health England

Rates are standardised for age variations between wards - so higher or lower death rates do not simply reflect differences in age. A ward-level SMR is a measure of how more or less likely a person living in that ward is to die compared to the standard population, in this case England. Data is presented for a five year period as the number of cases by year is relatively small.

An SMR of 100 indicates that the ward has average mortality, higher than 100 indicates that the ward has higher than average mortality, and lower than 100 indicates that the ward has lower than average mortality.

Circulatory disease includes all heart diseases (heart attacks, heart failure, heart valve disease), all types of strokes, high blood pressure, and diseases of blood vessels in other parts of the body. Smoking, obesity, high blood pressure and/or high cholesterol, heavy drinking and physical inactivity are all key risk factors. Certain ethnic groups are also more predisposed to cardiovascular disease.

Around 40% of all deaths in under 75 year olds living in Harrow are due to circulatory diseases. This is lower than the national average of about 50%.

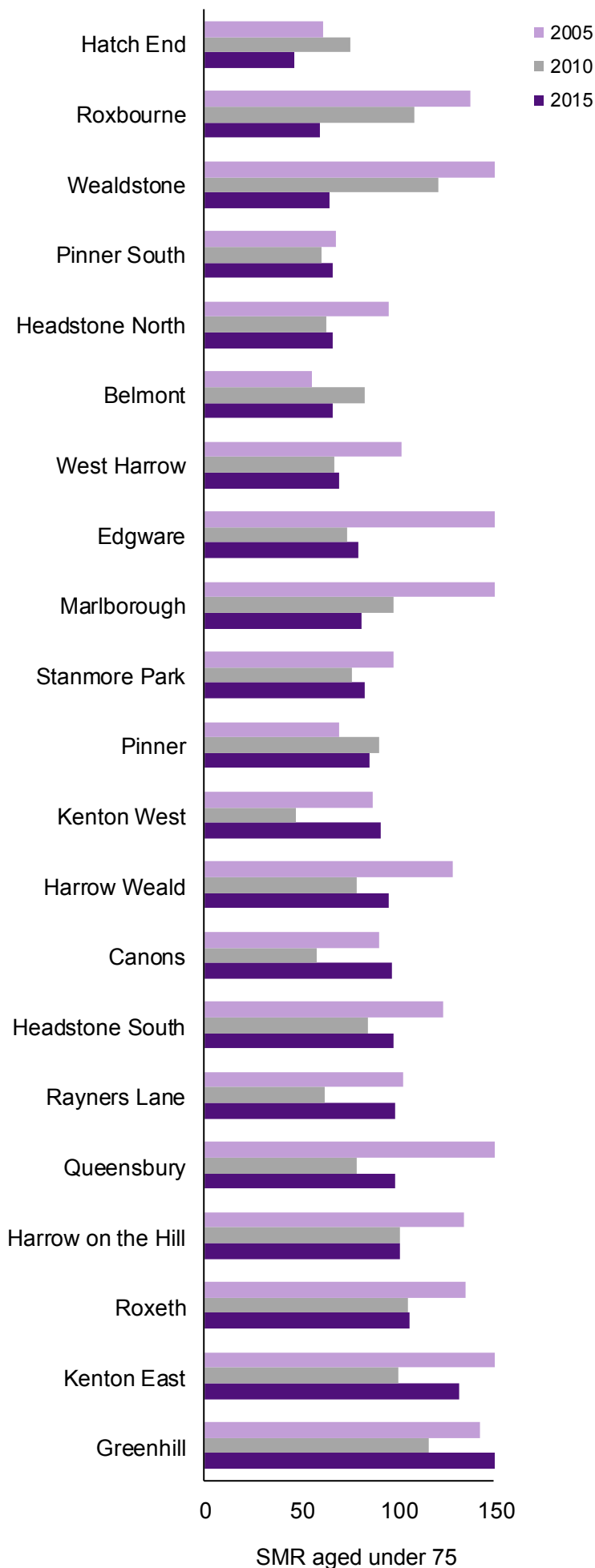
The highest SMRs are in Greenhill, Kenton East, Roxeth and Harrow on the Hill. These wards all have a SMR of over 100 i.e. have more premature deaths from this cause than the national average. Greenhill and Kenton are both much greater than average with SMRs of 152.3 and 132.1 respectively; Greenhill falls within the top 15% of all wards nationally for premature death from this cause.

Hatch End and Roxbourne wards have the lowest SMRs, both being below 60. Wealdstone ward has shown the greatest improvement over the ten year period. 16 wards have a lower SMR than ten years ago, but only seven wards have a lower SMR than five years ago; the general trend in the borough has changed from declining to slightly increasing in recent years although figures are not yet back to 2005 levels.

London Rank

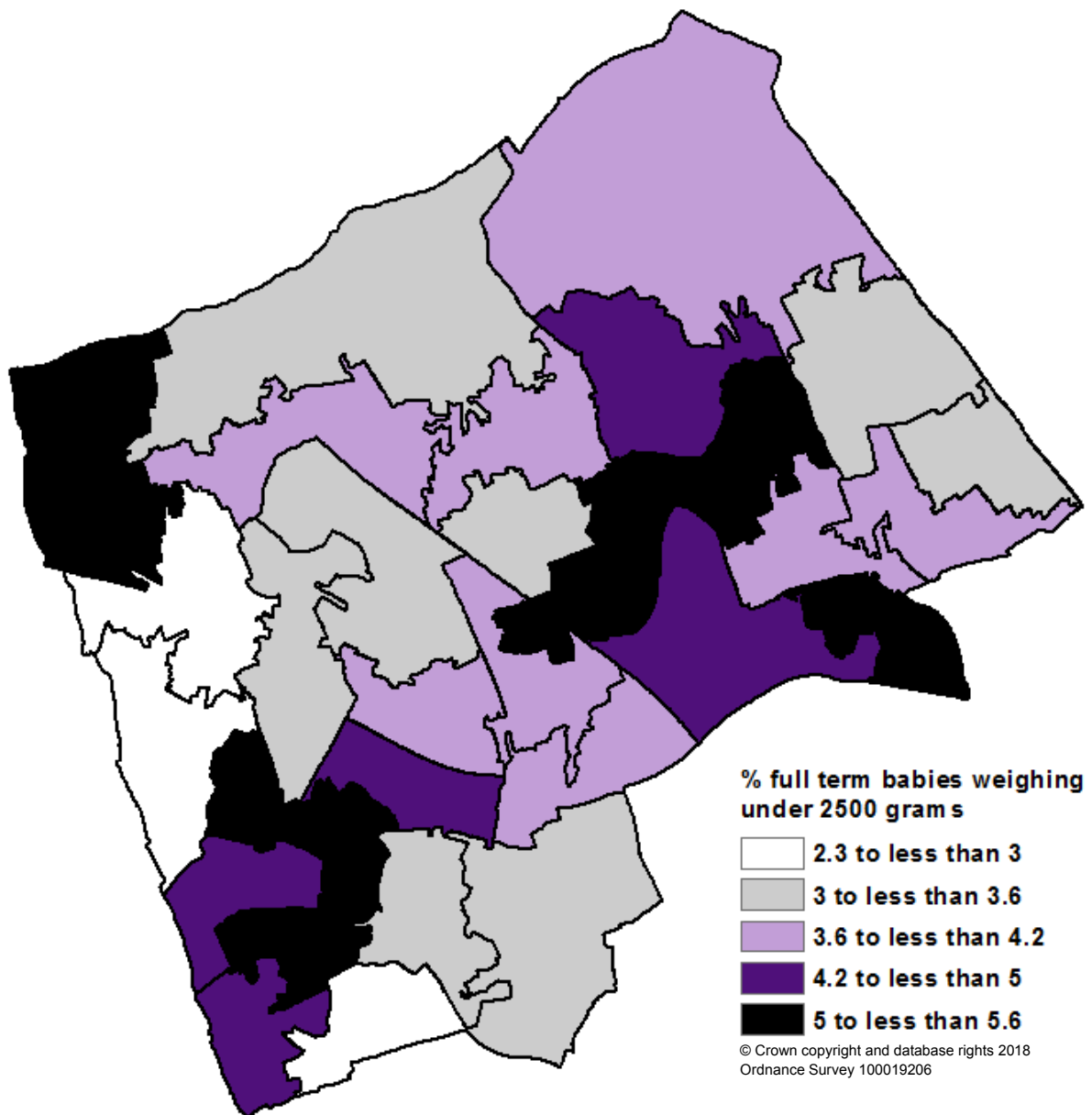
Source: Public Health England

25/33 London
(where 1 is the borough with the highest SMR)



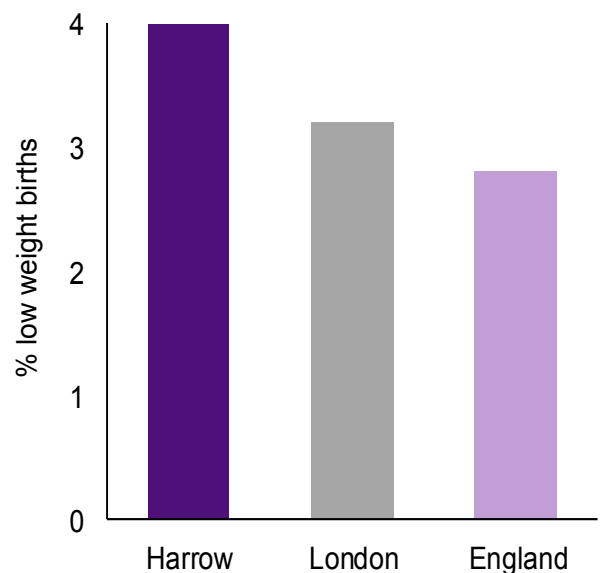
Low Birth Weight

Source: Public Health England and Office for National Statistics



- There were 651 full term babies born weighing less than 2,500 grams (5lbs 8ozs) in Harrow from 2011 to 2015. This represents 4% of all full term live births in the borough during this period.
- Harrow has the third highest percentage of low birth weights of all London boroughs
- The highest percentage of low weight births are found in three main clusters in central south east, south west and north west. Kenton East ward, with a rate of 5.3% falls within the top 1% of all wards in England for low birth weight.

National Comparison



Low Birth Weight, 2011-2015

Source: Public Health England and ONS

This measure is defined as live births with a recorded birth weight under 2,500 grams and a gestational age of at least 37 complete weeks as a percentage of all live births with a recorded birth weight and a gestational age of at least 37 complete weeks.

Low birth weight is influenced by factors such as smoking, nutrition and stress, as well as specific maternal health problems including pre-eclampsia and high blood pressure. Mothers in deprived socio-economic conditions often have low birthweight babies. Ethnicity and family history also plays a role.

Five years worth of data were aggregated as the number of individual cases is small in absolute terms for individual years.

The map data is presented at Middle Layer Super Output Area level.

Low birth weight is an important measure of future child health. Babies born at less than 2,500 grams are more likely to die in their first year of life, and also have a higher rate of health and educational problems by the age of seven.

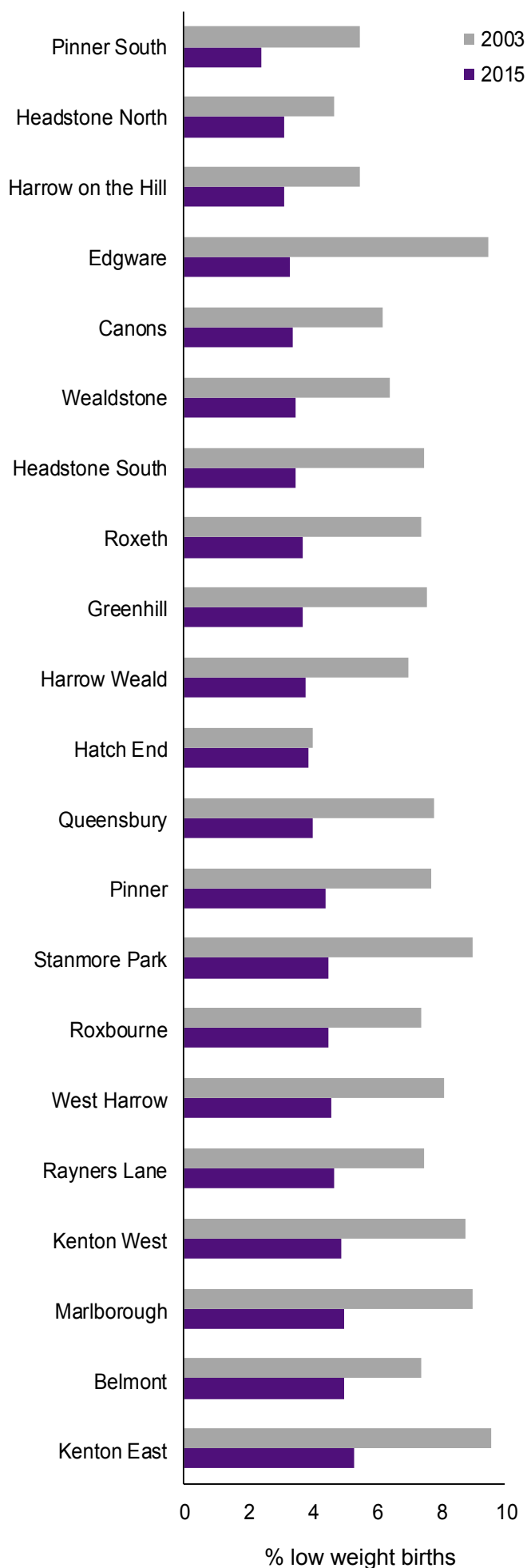
There has been a slight national decline in the percentage of low weight births from 2003 to 2015. Harrow has also experienced a decline, and at a greater rate than the national trend. Edgware ward has seen the greatest reduction from 2003 to 2015, with rates falling from 9.5 to 3.3. However, overall Harrow still retains a higher rate than the national value and has one of the highest rates in London.

The lowest rates are found in Pinner South and in the southern part of Pinner ward. These areas have a rate of just over 2.3%, less than half that found in the highest areas. Rayners Lane, West Harrow and Roxbourne wards contain the MSOAs with the highest percentage of low weight births, with rates at just under 5.6%.

London Rank

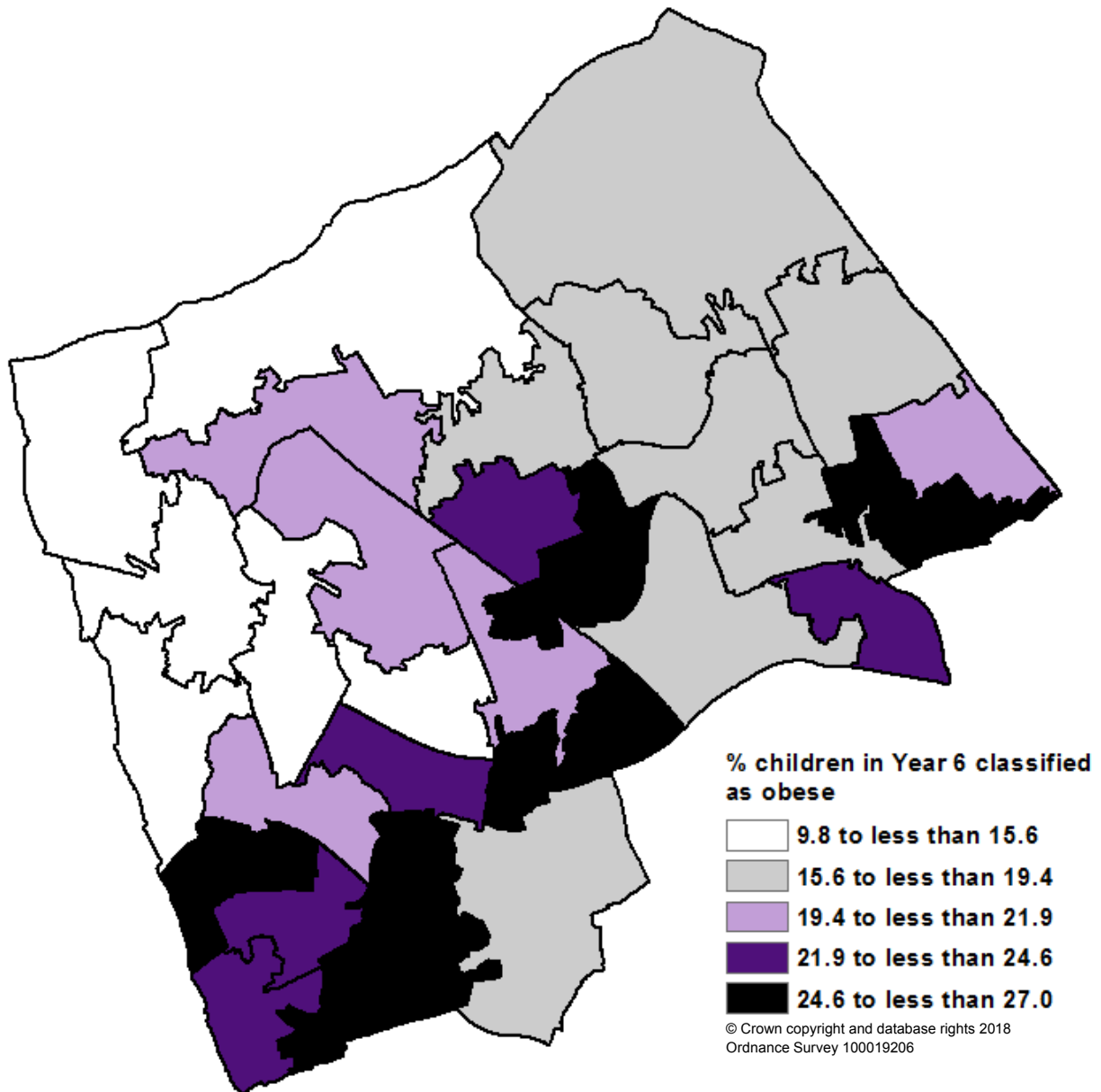
Source: Public Health England

3/33 London
(where 1 is the borough with the highest percentage)



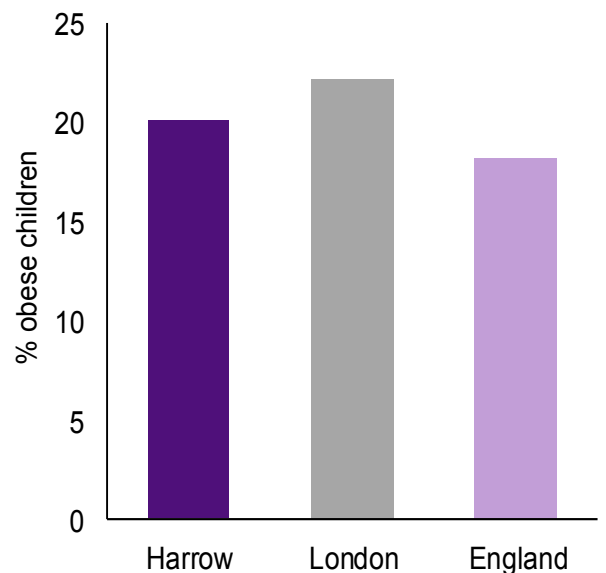
Child Obesity

Source: National Child Measurement Programme, NHS



- From 2015 to 2018, 20.1% of Year 6 children (aged 10-11 years) attending state schools in Harrow were classified as being obese. This compares favourably with the London average of 22.2%, but is higher than the national average of 18.2%.
- Rates of child obesity in Harrow increased rapidly from 2008 to 2013. Since 2013 rates have plateaued, although these averaged numbers mask significant differences between areas in the borough.
- The highest rates of child obesity are found in the south and east of the borough, with most of these areas experiencing steady increases over the past ten years. By contrast, northern and western areas have generally lower rates and a predominantly downward trend in recent years.

National Comparison



Child Obesity, 2015-2018

Source: National Child Measurement Programme, NHS

This measure is defined as the number of children in Year 6 (aged 10-11 years) classified as obese in the National Child Measurement Programme attending participating state maintained school as a percentage of all children measured. Children are classified as obese if their BMI is on or above the 95th centile of the British 1990 growth reference according to age and sex.

The main causes of obesity are a sedentary lifestyle and unhealthy eating habits.

Data is presented for a three year period as the numbers for individual years are relatively small.

The map data is presented at Middle Layer Super Output Area level.

Obesity is becoming one of the most prevalent childhood health issues in the UK. Obesity increases the risk of numerous health problems such as cardiovascular disease and diabetes. It also contributes to social isolation as a result of psychological distress, low self-esteem and practical difficulties (World Health Organization, 2004).

The highest rates of child obesity are found in the south and east of the borough. Parts of Greenhill, Marlborough and Queensbury wards have rates of more than 26%. Generally obesity rates in the southern and eastern wards have steadily increased since 2008, with Roxbourne experiencing the greatest growth.

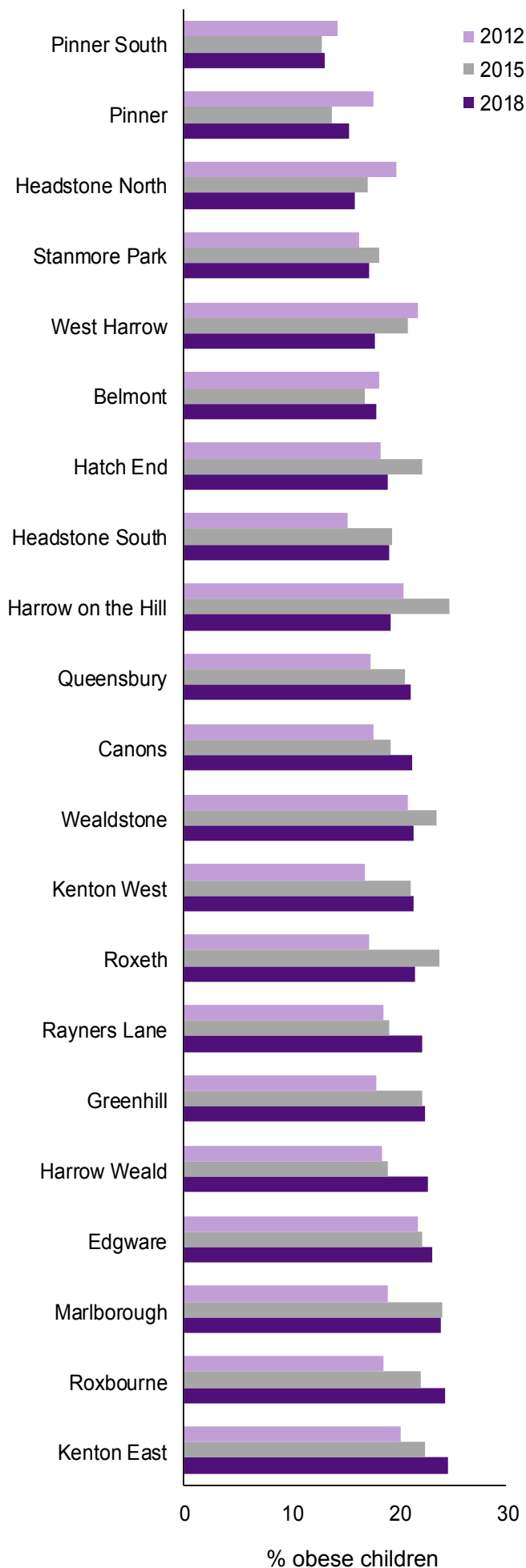
Northern and western areas of the borough tend to have lower rates, with the lowest rate found in the southern section of Pinner South ward. The predominant trend in recent years for these areas has been a decrease in rates of childhood obesity.

London Rank

Source: National Child Measurement Programme, NHS

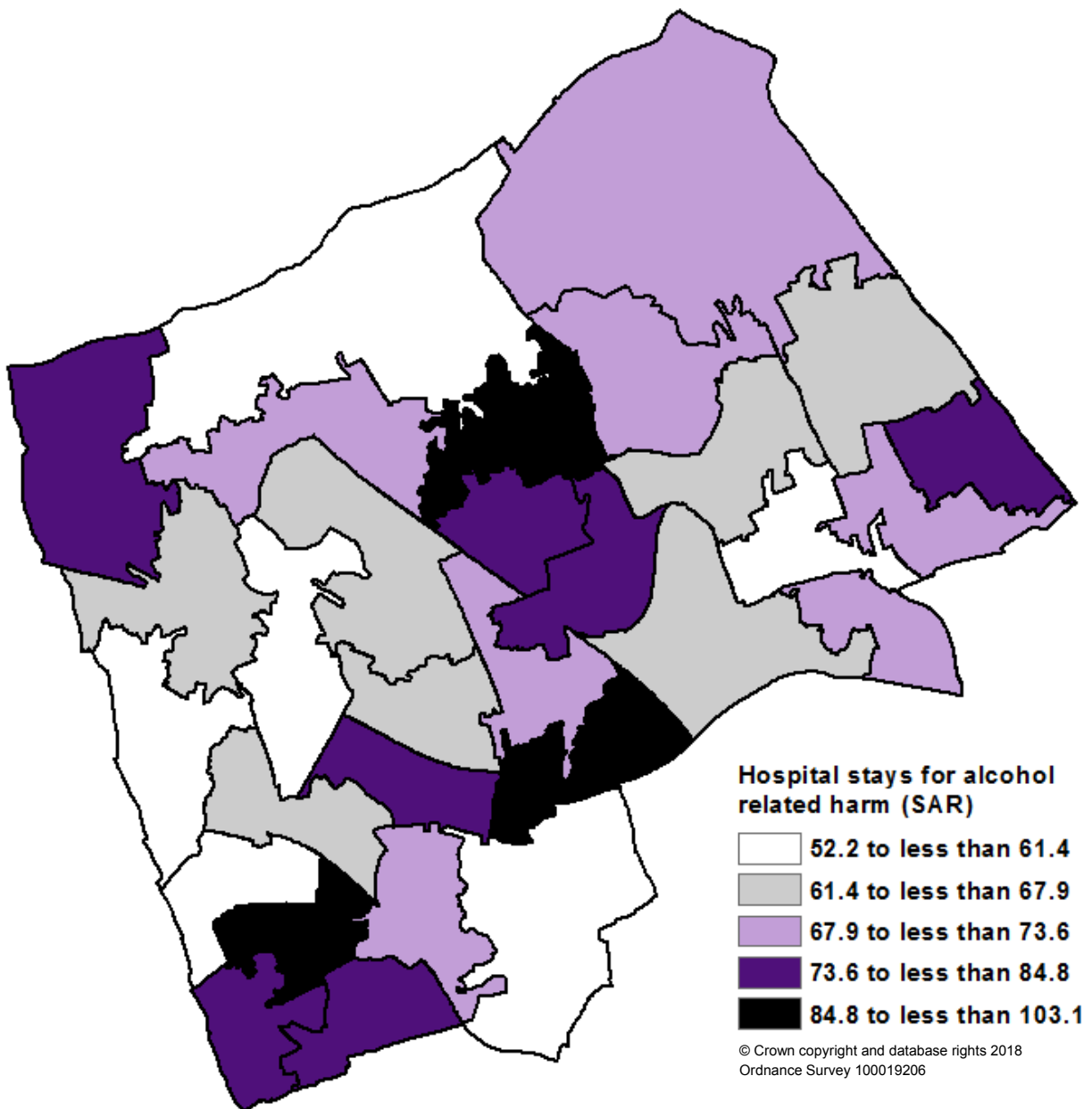
24/32 London

(where 1 is the borough with the highest percentage. City of London has been excluded due to many wards not having data)

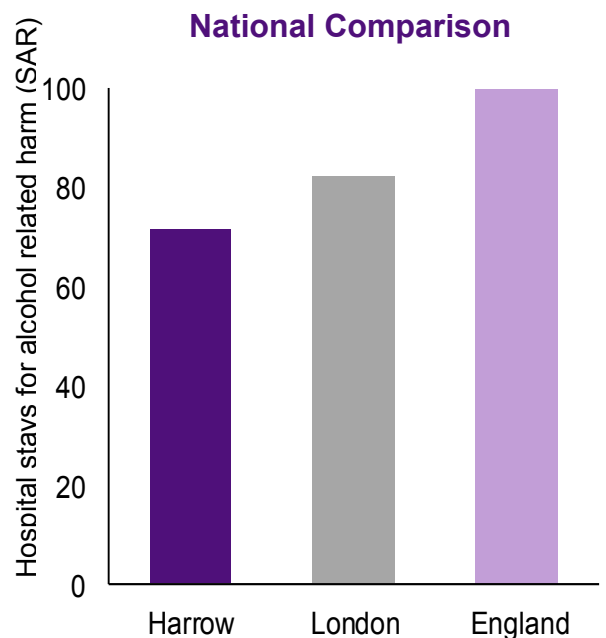


Alcohol Related Harm

Source: Public Health England



- Harrow's Standardised Admission Ratio (SAR) of 71.7 for hospital stays for alcohol related harm is lower than that for London (82.4), and considerably lower than the national average for England (100)
- The highest SAR is found in Greenhill ward coinciding with Harrow Town Centre; this area has an SAR of 103 and is the only area in Harrow to be above the national average
- The lowest SAR is found in the southern section of Pinner South ward; this area ranks within the lowest 2% of all wards nationally



Alcohol Related Harm, 2011-2016

Source: Public Health England

This indicator measures Standardised Admission Ratio (SAR) for hospital stays where the primary diagnosis is an alcohol-related condition or a secondary diagnosis is an alcohol-related external cause.

It is a measure of how more or less likely a person living in a particular area is to be admitted to hospital for alcohol attributable conditions compared with the standard population, in this case England. An SAR of greater than 100 indicates that the area has a higher than average rate, and lower than 100 indicates a lower than average rate.

Five years worth of data were aggregated as the number of individual cases is small in absolute terms for individual years. The map data is presented at Middle Layer Super Output Area level.

Alcohol consumption is a contributing factor to hospital admissions and deaths from a diverse range of conditions. These include alcohol induced injuries, behavioural disorders due to alcohol, liver disease and alcohol-related cancers.

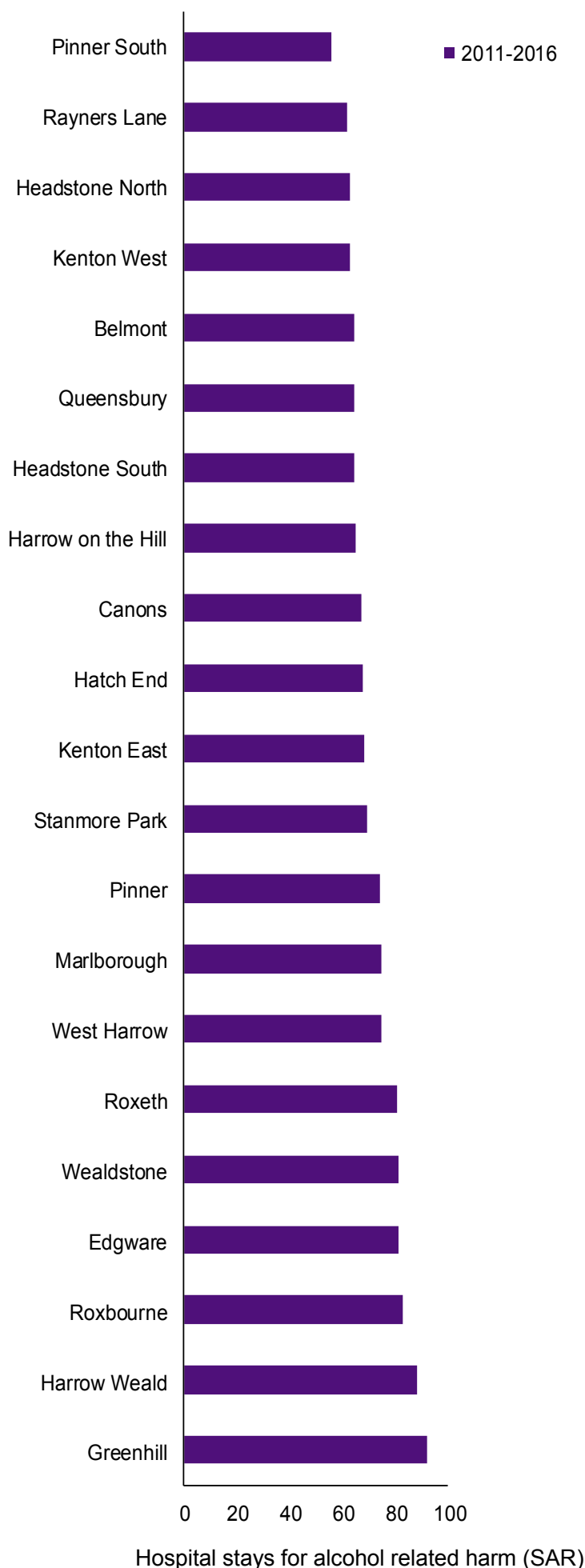
Only one area of Harrow has a SAR higher than the national average. This is in the southern part of Greenhill ward coinciding with Harrow Town Centre, which has a SAR of 103. The southern section of Harrow Weald and central area of Roxbourne also have SARs of above 90.

The area with the lowest SAR is the southern section of Pinner South ward, with a SAR of 52.2. It should be noted however that this indicator considers hospital admissions only, and not actual alcohol consumption levels or 'binge drinking' prevalence. Modelled estimates from 2007/08 suggest that some of the highest levels of binge drinking in the borough (albeit still low by national standards) are likely to be found in Pinner South and Harrow on the Hill wards, whereas these areas have low hospital admissions for alcohol related harm.

London Rank

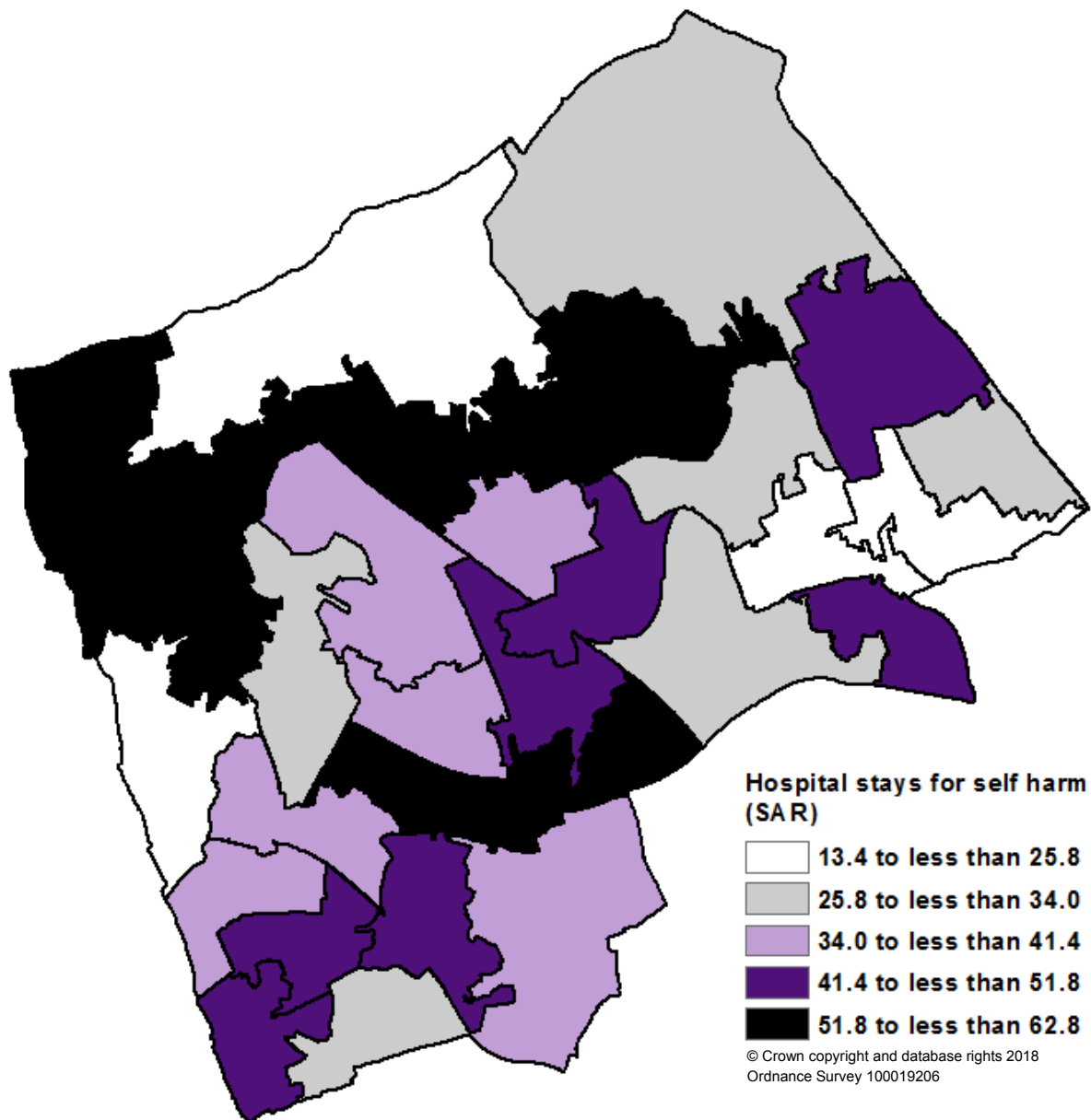
Source: Public Health England

28/33 London
(where 1 is the borough with the highest SAR)



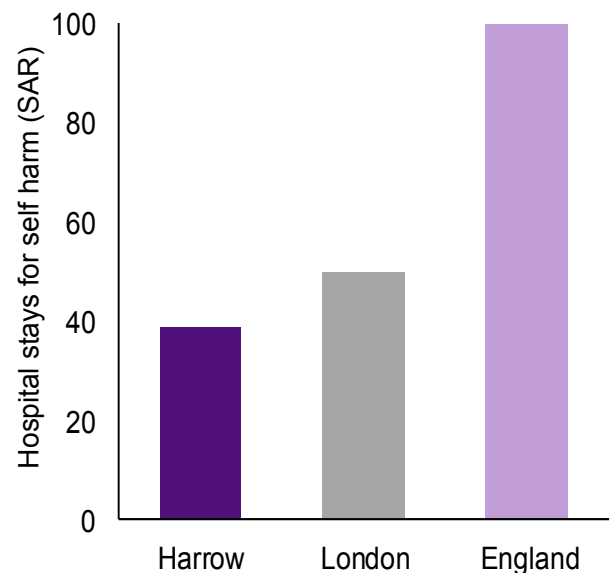
Self Harm

Source: Public Health England



- Harrow has a lower Standardised Admission Ratio (SAR) for hospital stays resulting from intentional self harm than London and England. All areas have a SAR well below 100 i.e. well below the average rate for England.
- The highest SARs are found in two main sections: a band from Pinner ward, running across the southern parts of Hatch End, Harrow Weald and Stanmore Park; and a cluster to the south around Greenhill and West Harrow
- Five of Harrow's wards are within the lowest 100 wards nationally for hospital stays resulting from self harm

National Comparison



Self Harm, 2011-2016

Source: Public Health England

This indicator measures Standardised Admission Ratio (SAR) for hospital stays for intentional self harm across all ages and genders. It is a measure of how more or less likely a person living in a particular area is to be admitted to hospital following intentional self harm compared with the standard population, in this case England.

An SAR of greater than 100 indicates that the area has a higher than average rate, and lower than 100 indicates a lower than average rate.

Five years worth of data were aggregated as the number of individual cases is small in absolute terms for individual years.

The map data is presented at Middle Layer Super Output Area level.

Mental health and well-being is an important aspect of public health. Self harm is an expression of personal distress and there are varied reasons for a person to harm themselves irrespective of the purpose of the act. There is a significant and persistent risk of future suicide following an episode of self harm.

Hospital stays resulting from self harm in Harrow as a whole are very low compared with the national average. Five wards have a SAR of less than 27 which ranks them in the lowest 100 wards nationally, with Queensbury having the 6th lowest rate of all wards nationally.

The areas with the highest SARs are found around Greenhill and West Harrow, and the southern areas of the northern wards of Pinner, Hatch End, Harrow Weald and Stanmore Park. The southern section of Stanmore Park ward has the highest SAR at just over 62.7.

London Rank

Source: Public Health England

26/33 London
(where 1 is the borough with the highest SAR)

