



# Frognal Local Care Network Profile

## 1. People and places

Last updated 25<sup>th</sup> February 2025



a Background

## Understanding the dynamic relationship between people and their environments is vital for improving health outcomes in Bexley.

The conditions in which people are born, grow, live, work, and age, have a greater influence on health outcomes than clinical care ([Hood et al.](#)).

Sir Michael Marmot illustrates how inequalities in these wider determinants of health accumulate throughout life, not only influencing immediate health outcomes, but “casting a long shadow over subsequent social development, behaviour, health and well-being of the individual.” ([The Marmot Review](#)).

The Dahlgren & Whitehead model highlights layers affecting health outcomes and emphasizes the importance of both individual lifestyle factors and broader societal influences:



By recognising these interconnected factors and understanding the evidence surrounding people and places in Bexley, healthcare professionals can contribute to the provision of more effective holistic care and ensure early intervention and targeted support for at-risk populations, with the aim of addressing health inequalities and improving outcomes for all.



**b** Scene setting

## The best data on Bexley's population may reflect temporary changes brought about by coronavirus

Every ten years the Census surveys the entire population of the UK. It is the gold standard of population data, as it aims to reach every household and person, and describe them in a standardised way.

The most recent Census gives us a highly detailed picture of Bexley in 2021, also allowing us to see what has changed since 2011.

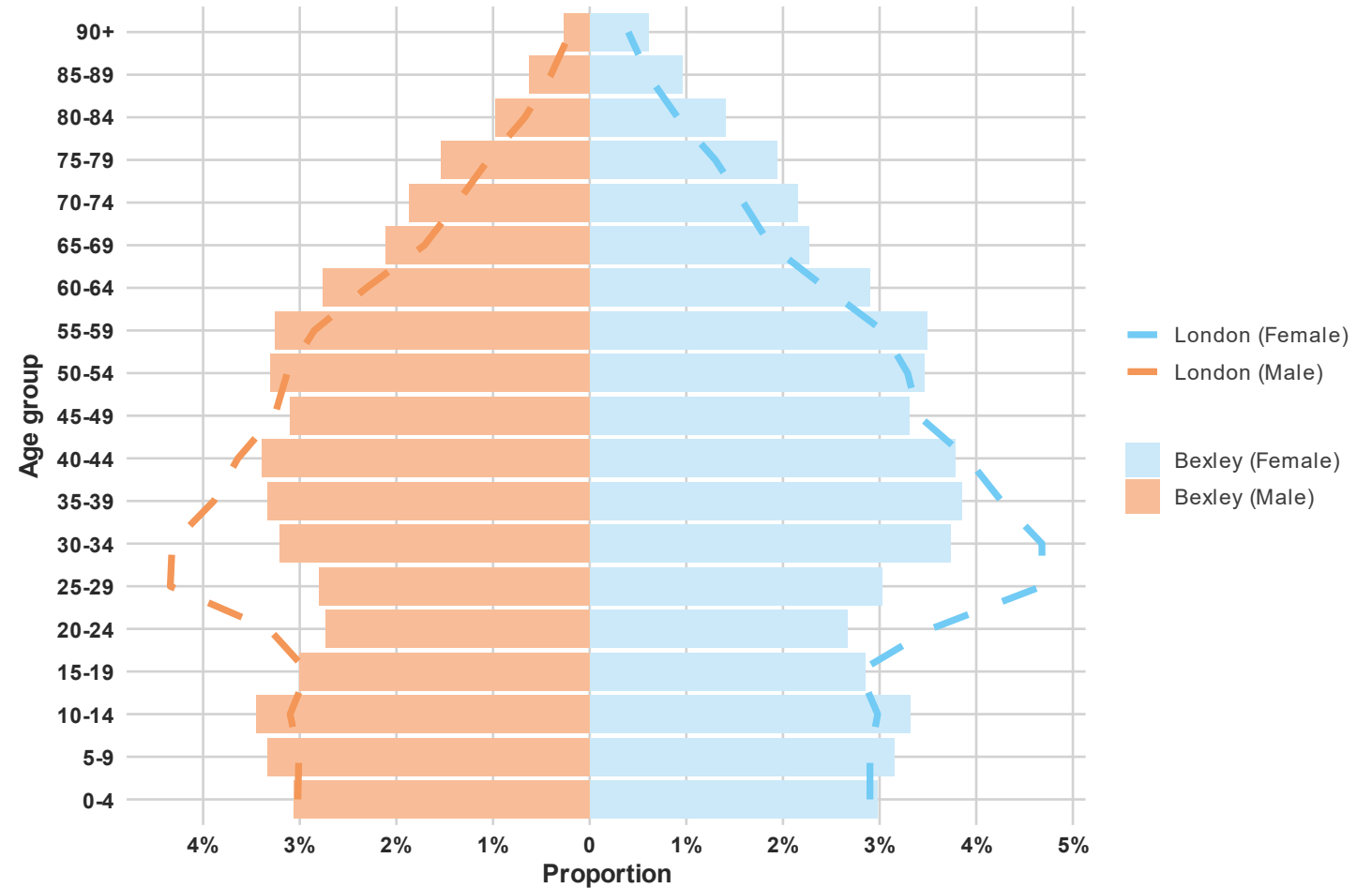
However, the 2021 Census was conducted during a coronavirus lockdown, so caution must be taken when interpreting Census information on residence, migration, and economic activity.

# Bexley has more children and older people than London, and less working age people.

- Bexley has a young population with more children (and more families) than the England and Wales average.
- Whilst the wider London population reflects the size and nature of its labour market, with a high proportion of younger working age people aged 20 to 45, this is not the case in Bexley, which is closer to the England average in this respect.
- Bexley is 52% female, putting it in the top quarter of local authorities for proportion of females

## Resident population by sex and age group (proportion %)

Bexley and London, 2022



Source: ONS MYE 2022

# Bexley's population is not ageing as fast as London

- Bexley's population has risen by 6.2% since 2011, from 231,997 to 246,500 - slightly lower growth than England and Wales and significantly lower than neighbouring Dartford and Greenwich.
- There has been a 7.7% increase in children under 16 years old in Bexley, greater than London and England, largely because the 0-4 population Bexley has remained almost stable whilst London and England saw large decreases
- Bexley saw a larger increase (12.2%) in 25-34 year olds than London or England, but the wider working age population (16-64 years) only increased 4.9%, smaller than London's increase.
- Bexley saw a smaller increase (10.2%) in older people 65+ than either London or England

## Change in resident population by age group (count and %)

Bexley, London, and England, 2021 vs 2011



Source: ONS Census 2011 & 2021

# Bexley's population is expected to become older

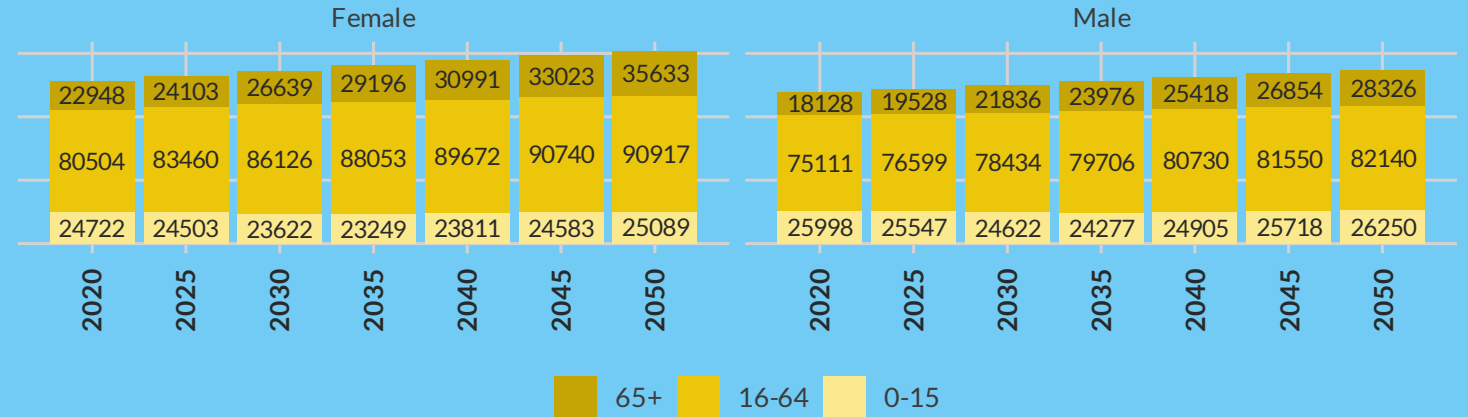
- The size of Bexley's 0-15 year old population is projected to grow in the short term, decline in the 2030s, before growing again. However the rate of growth in other age groups means that even at its height, the 0-15 age group will make up a smaller proportion of the population in the future.

- Bexley's 65+ population is expected to grow consistently over the next two decades, both in absolute terms, and as a proportion of the total population, because the growth is faster than in other age groups.



## Projected future change in resident population by broad age group (count)

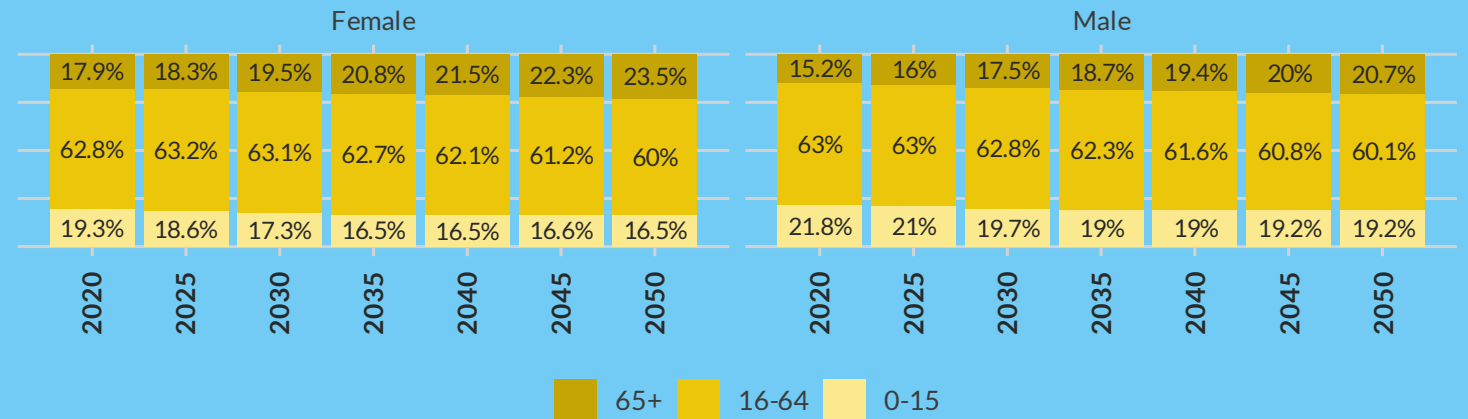
Bexley, 2020-2050



Source: GLA 2021-based Demographic Projections, 2023

## Projected future change in resident population by broad age group (%)

Bexley, 2020-2050



Source: GLA 2021-based Demographic Projections, 2023



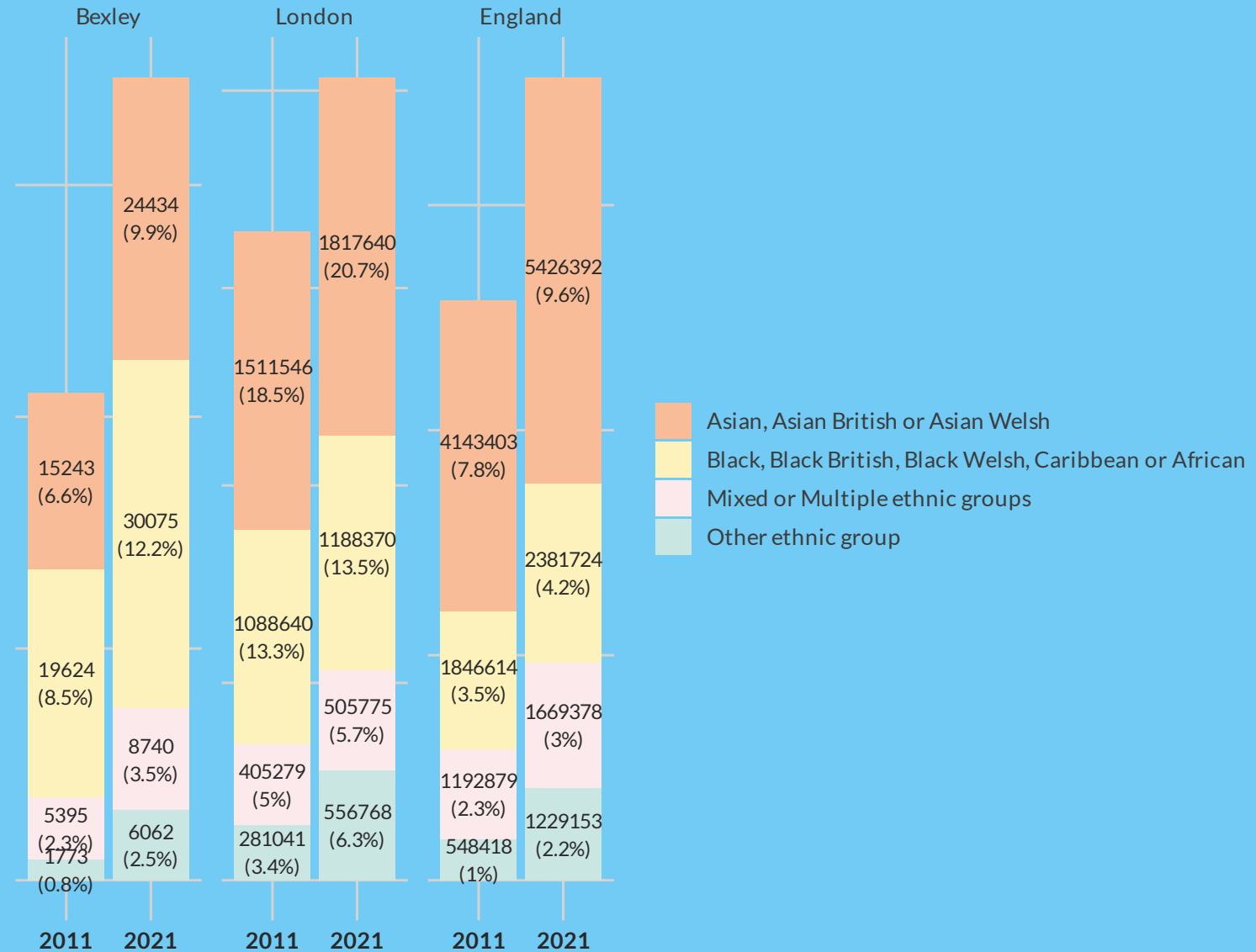
# Bexley is becoming more ethnically diverse

- The population of people declaring their ethnic background other than “White” has grown 9.9 percentage points in Bexley, faster than in London or England.
- However, this is growth from a less diverse baseline, so whilst Bexley is gaining, London is still more ethnically diverse at 46.2% of the population compared to Bexley’s 28.1%.
- Bexley was already more ethnically diverse than England in 2011, and is no even more so, with 19% of the England population declaring their ethnic background as other than “White” in 2021.

Source: sources

## Change in resident population by ethnicity (count and %)

Bexley, London, and England, 2021 vs 2011



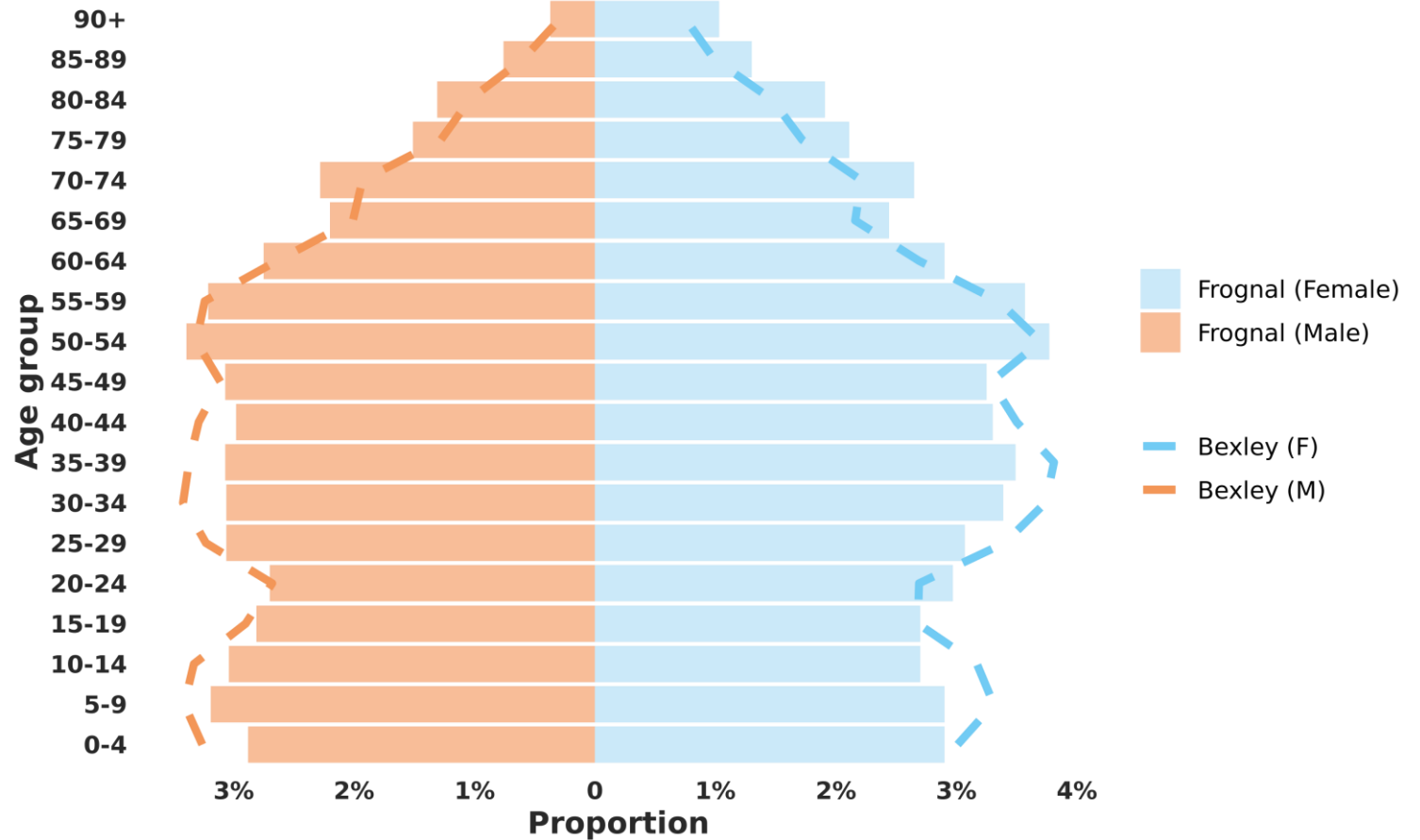
Source: ONS Census 2011 & 2021



e Frognal  
in focus

# Proportion of estimated resident population by sex and age band, 2021

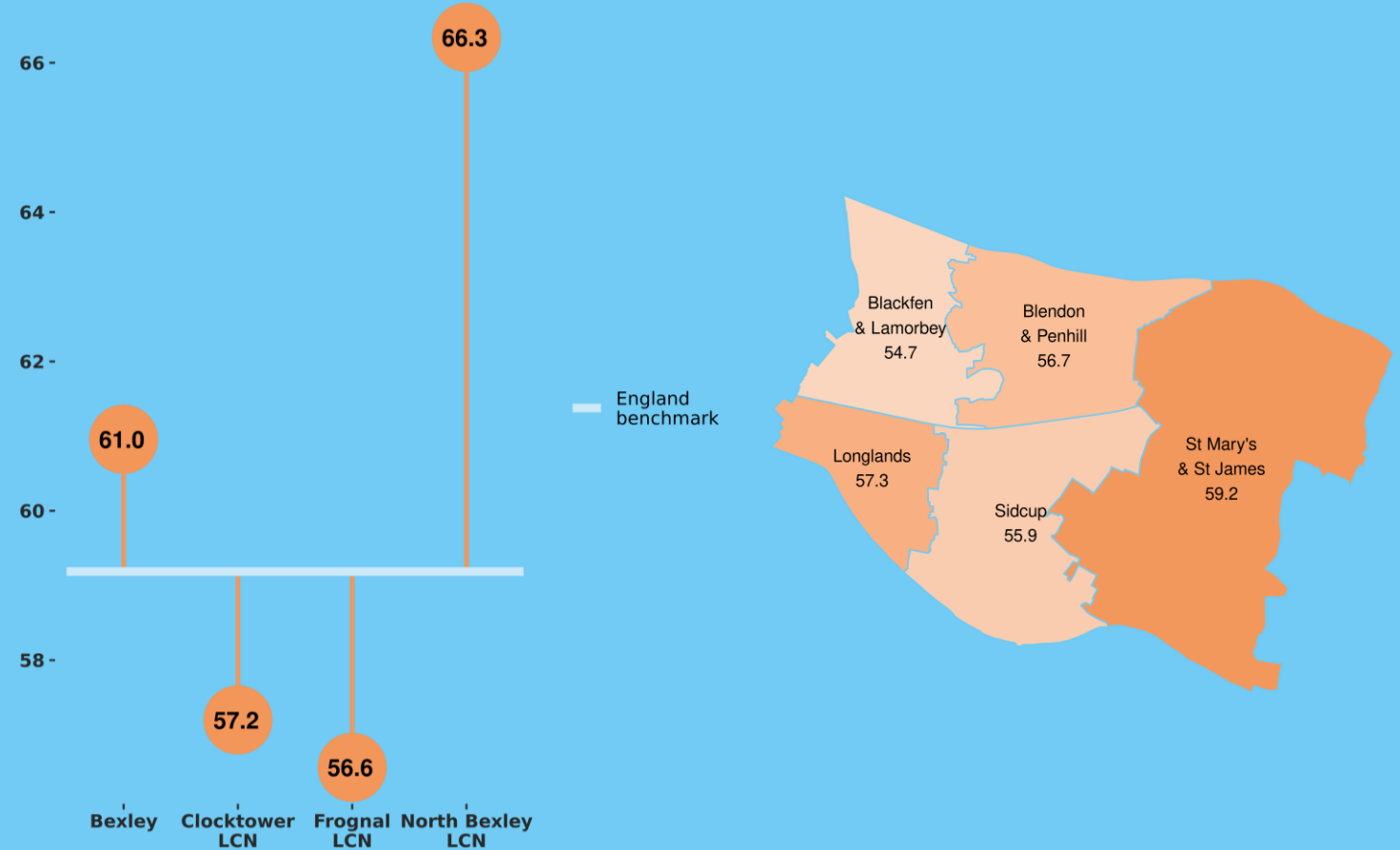
Frognal has an older age profile than Bexley as a whole. It has less young adults aged 16-24 than the England average, and unlike some other areas in Bexley it also has less children than the England average. Frognal has a significantly higher proportion of residents aged 65+ and 85+ than the England average.



# General fertility rate: live births per 1,000 women, 2016-20

Frognal has the lowest fertility rate in Bexley, and lower than the England average.

However there is variation at ward level within Frognal, with St Mary's and St James experiencing a higher rate, very similar to that of England.

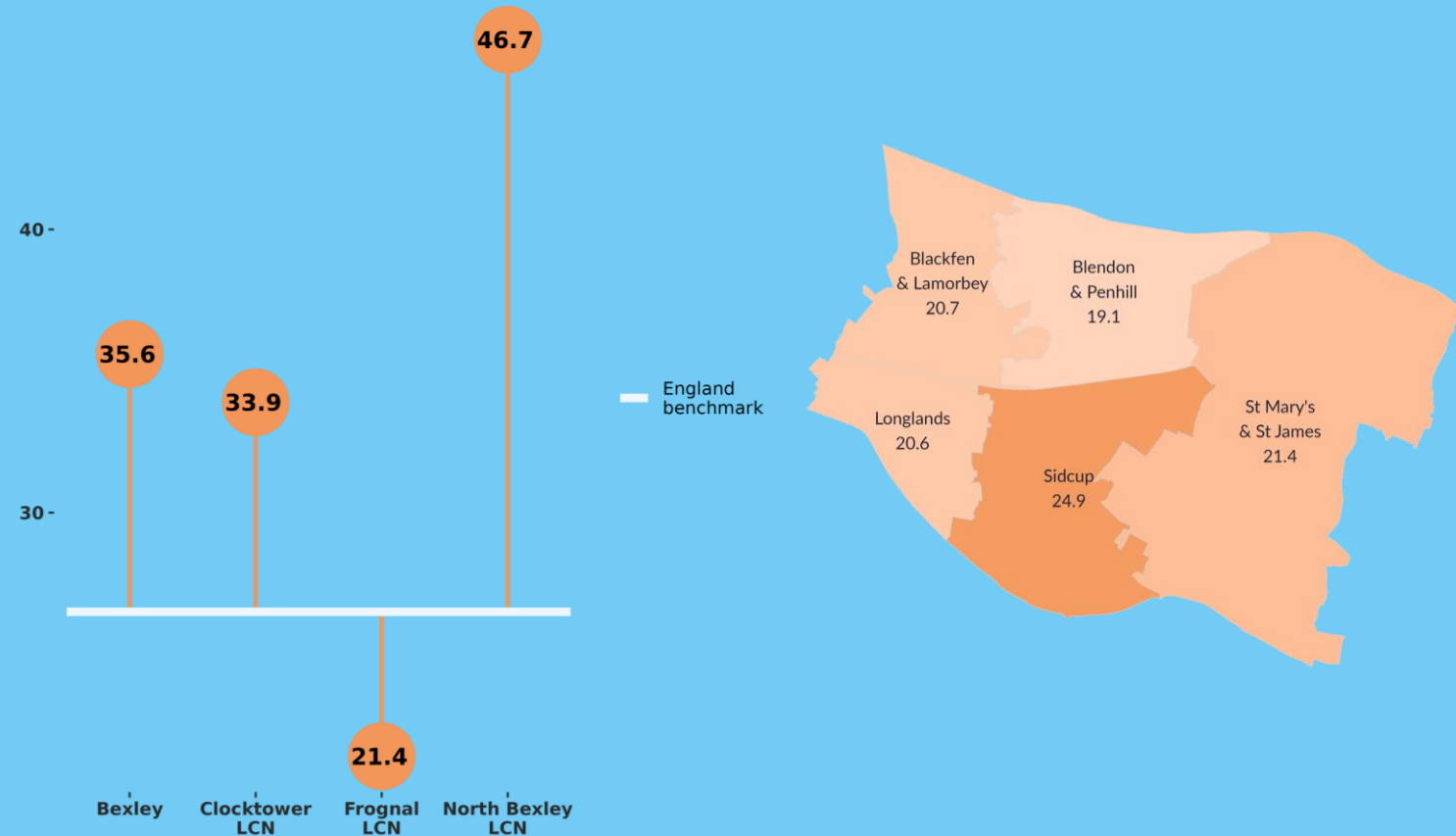


\*These data are not currently available for Frognal as a whole  
Sources: 1. Office for National Statistics and OHID  
2. Greater London Authority 2016-based Housing-led ward projections

# Percentage of population whose ethnicity is not 'White UK', 2021

Frognal has the lowest proportion of residents whose ethnicity is not 'White UK' in Bexley, and also a low proportion of residents whose ethnicity is not 'White'.

Every ward in Frognal has a lower proportion of residents whose ethnicity is not 'White UK' than the England average.

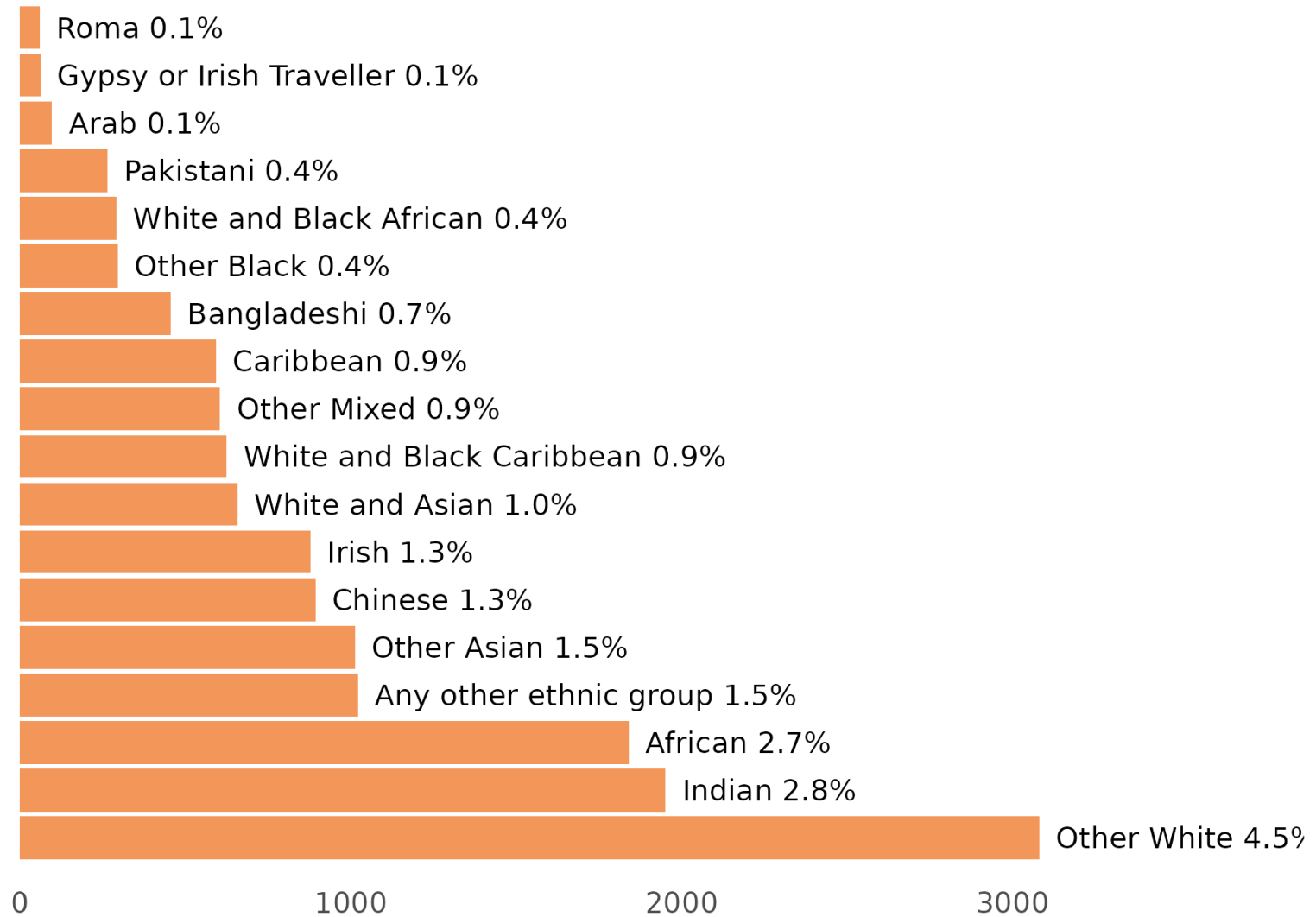


# Proportion of the resident population by ethnic group (excluding White UK), 2021

The second largest ethnic group in Frognal, after 'White UK', is 'Other White'.

Ethnic minority groups generally have worse health than the overall population – some groups fare much worse than others – and the pattern varies for each health condition, with evidence to suggest that poorer socioeconomic position is the main factor in driving ethnic health inequalities.

Sources: 1. Office for National Statistics (ONS) 2021 Census  
2. The Health Foundation: Covid-19 Marmot Review  
3. Parliamentary Office of Science and Technology. Ethnicity and Health, 2007



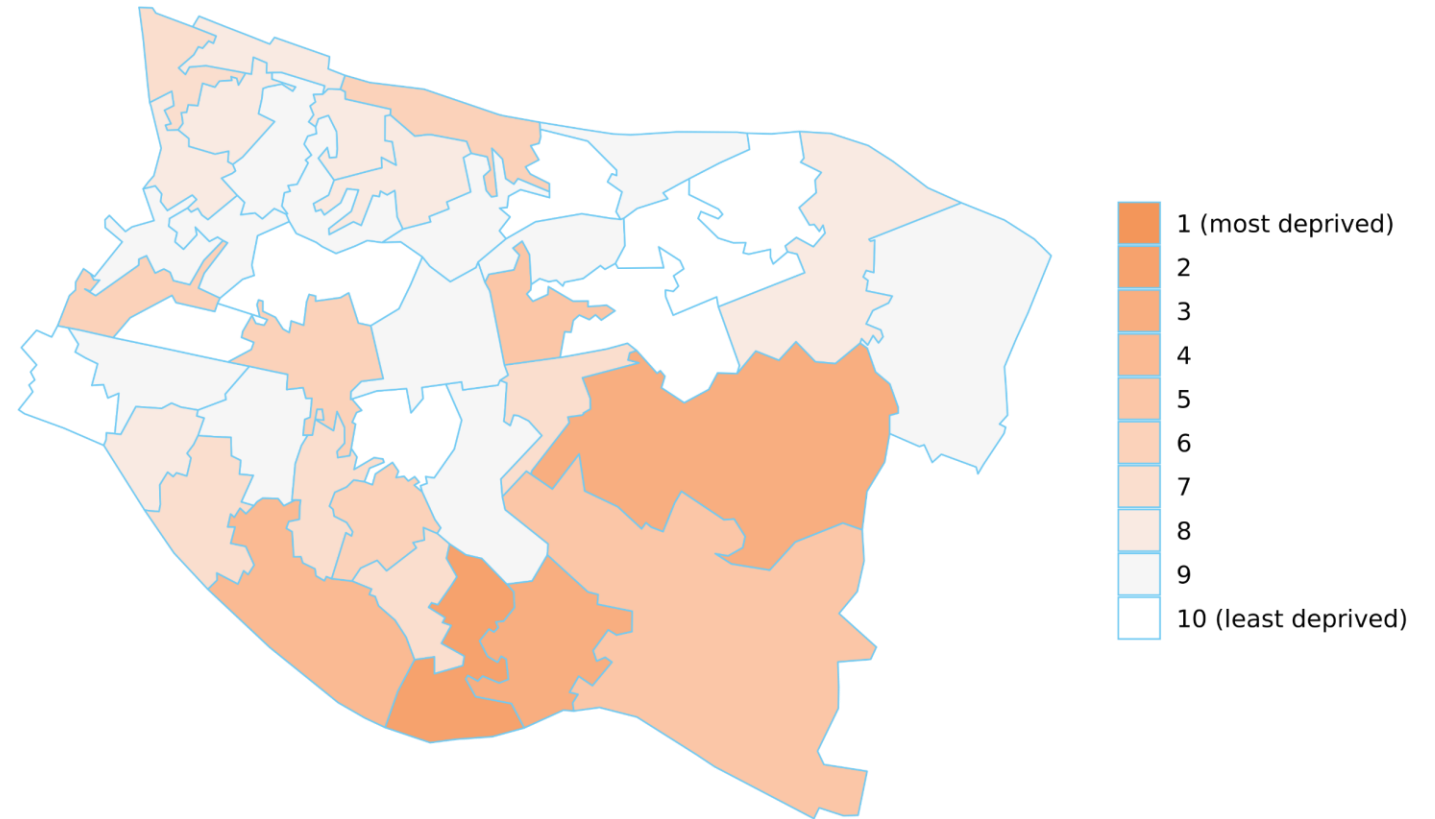
# Index of Multiple Deprivation, 2018

The Index of multiple deprivation ranks small areas by:

- Income deprivation
- Employment deprivation
- Education, skills and training deprivation
- Health deprivation and disability
- Crime
- Barriers to housing and services
- Living environment deprivation

In comparison to other areas of England, Bexley has lower levels of deprivation (Bexley ranks 191st of 326 local authorities in England, and 26th of 32 London Boroughs).

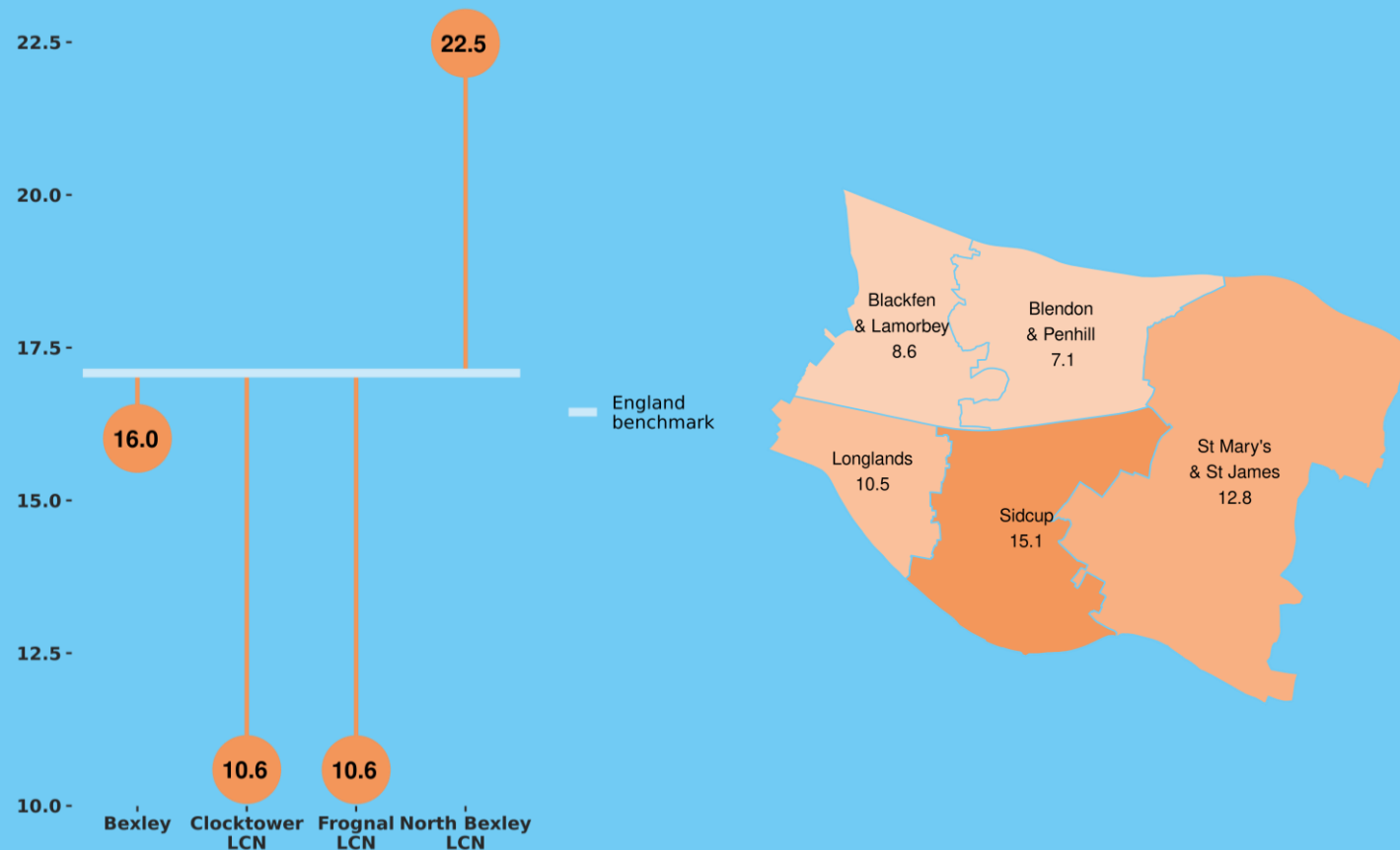
However there are areas of deprivation within Bexley. 86% of the areas in Frognaal are less deprived than the England Median, however 14% are more deprived.



# Income Deprivation Affecting Children Index 2016

The Income Deprivation Affecting Children Index (IDACI) measures the proportion of all children aged 0 to 15 living in income deprived families.

A lower proportion of children in Bexley are affected by income deprivation than the England average, and an even lower proportion in Frognal – around 1 in 10. There is however variation between Frognal's wards with Sidcup experiencing the highest rate.

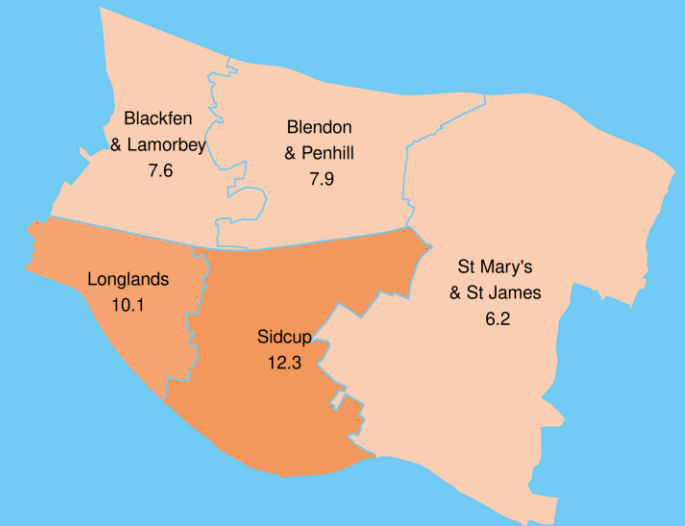
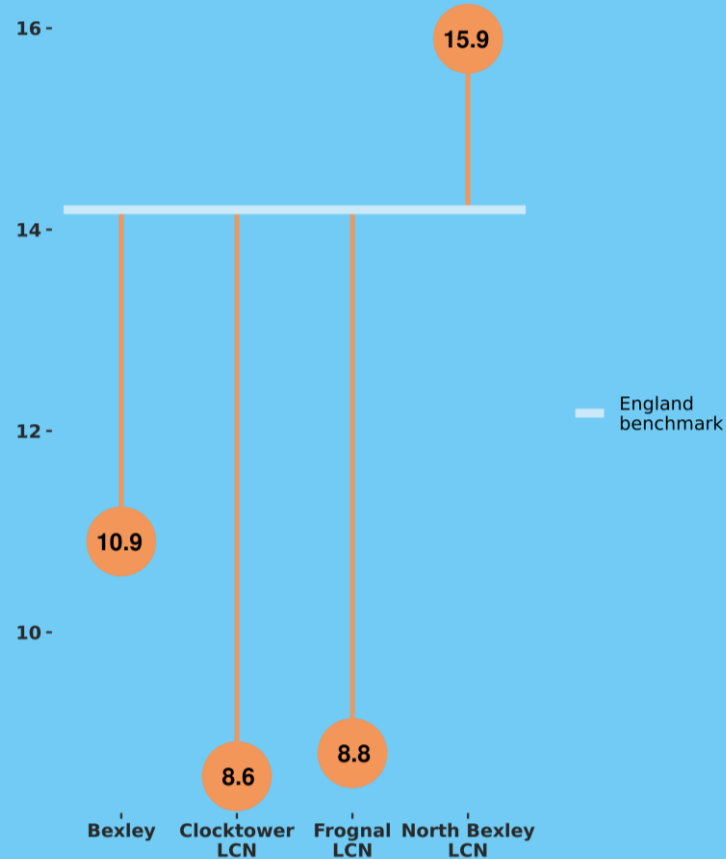




# Income Deprivation Affecting Older People Index 2016

The Income Deprivation Affecting Older People Index (IDAOPI) measures the proportion of all those aged 60 or over who experience income deprivation.

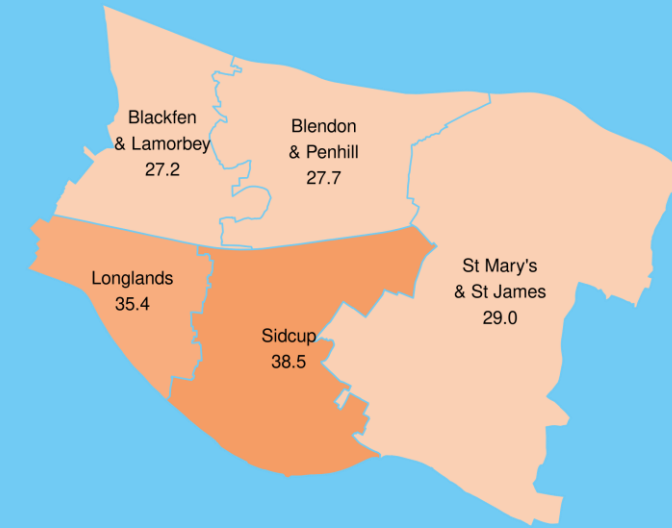
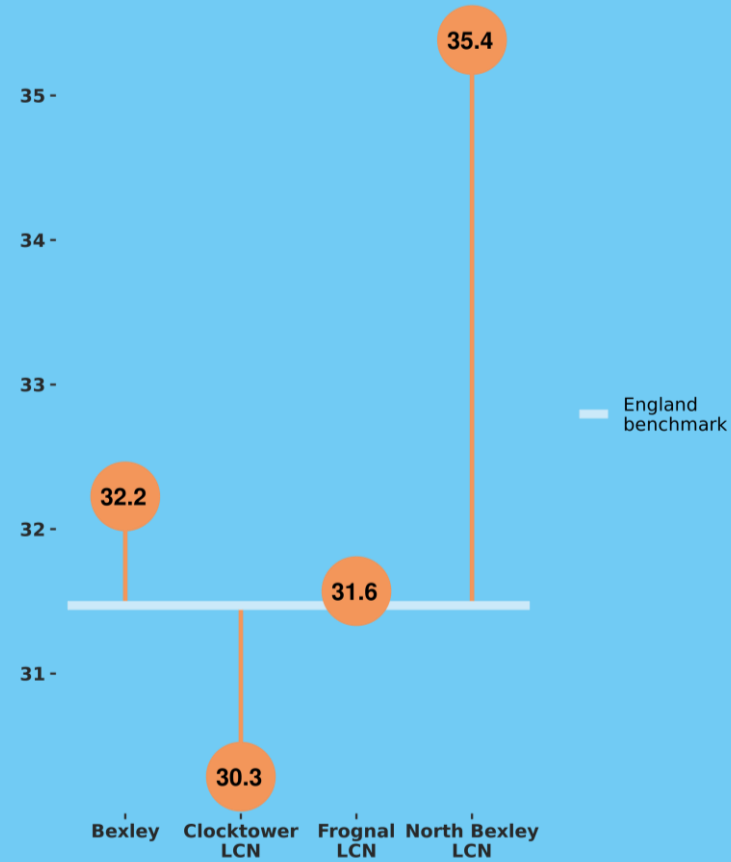
Whilst Frognal on average has a lower proportion than the England and Bexley averages, there is wide variation at ward level, with Sidcup experiencing almost twice the level of St Mary's & St James.



# People aged 65+ living alone, 2011

Frognal has a marginally higher proportion of older people living alone than the England average, but a lower proportion than the Bexley average.

Within Frognal, Longlands and Sidcup experience a higher level than the Bexley average.

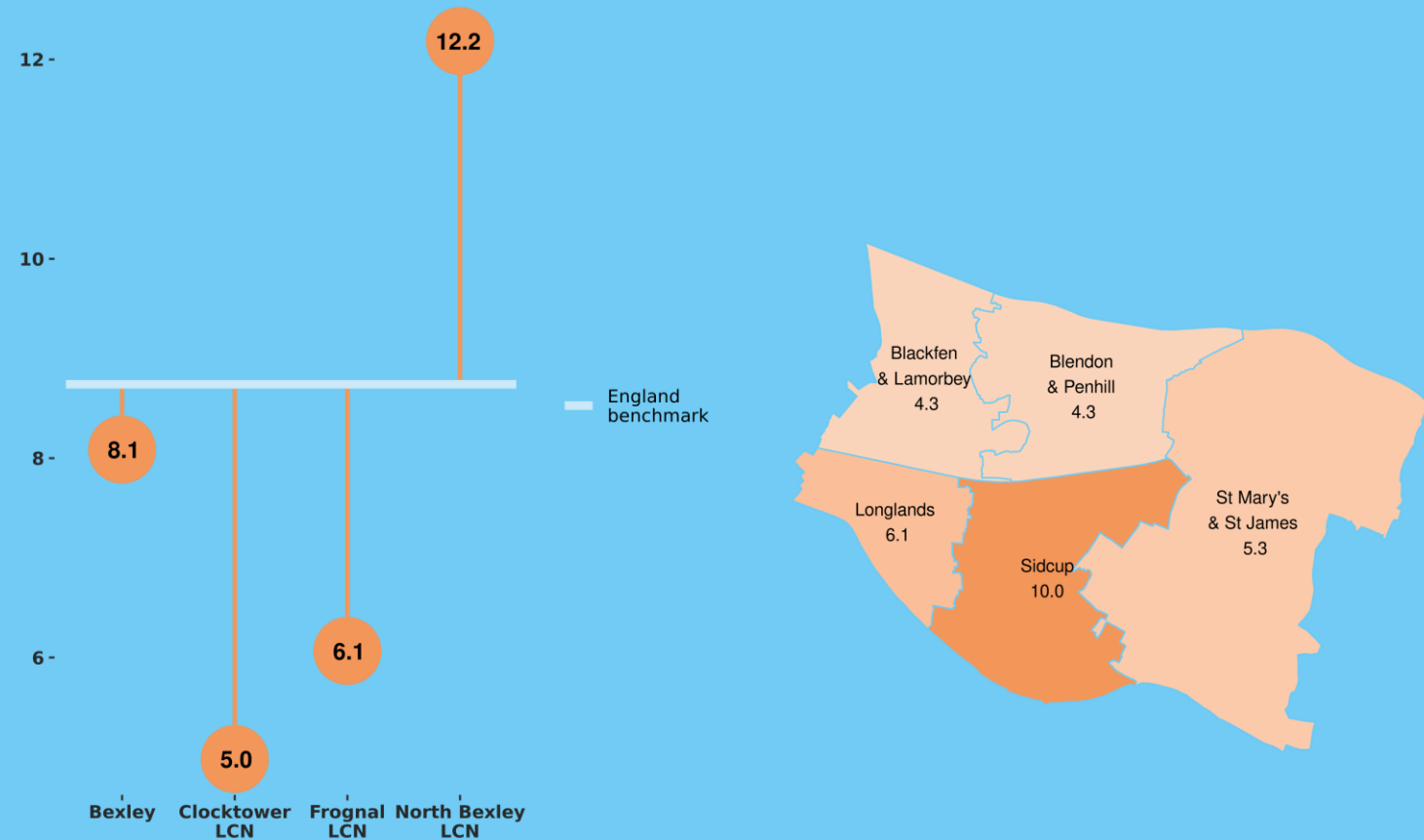


# Household Overcrowding, 2011

All LCNs in Bexley have a much higher population density than the England average, which is expected for a London Borough.

Despite this, Clocktower has a lower level of household overcrowding than the Bexley and England averages, at around 1 in 16 households.

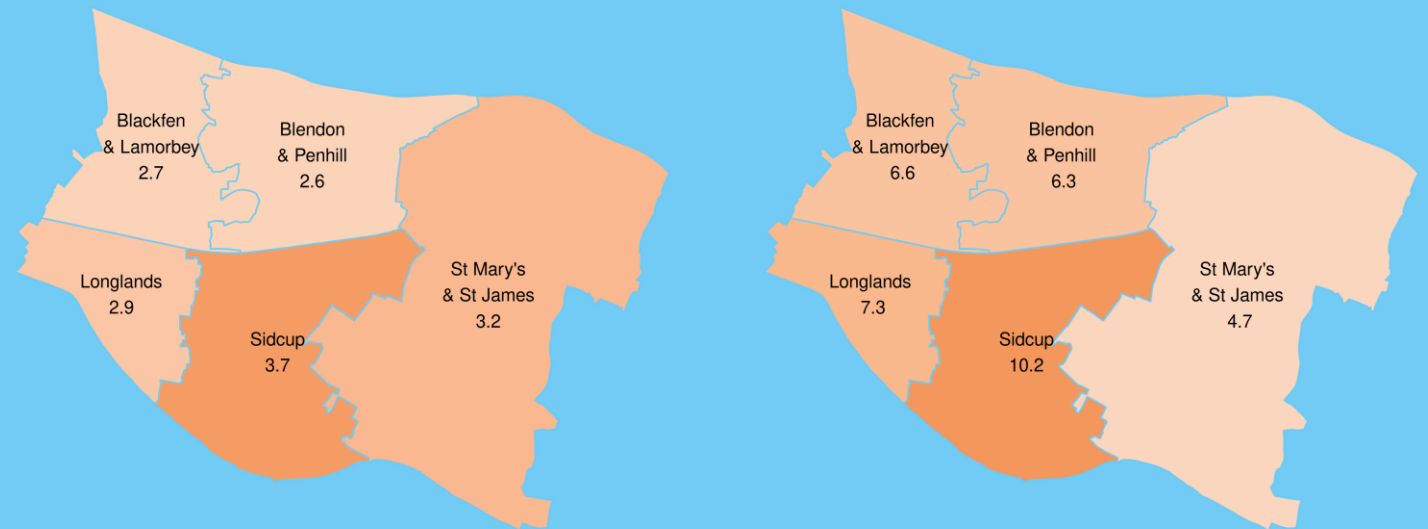
Household overcrowding has been identified as a strong risk factor for transmission of Covid-19 across England and Wales.



# Benefits Claimants (Left) Out of Work (Right) Total Universal Credit

Worklessness is associated with poorer physical and mental health, however it is important to take into account the nature and quality of work.

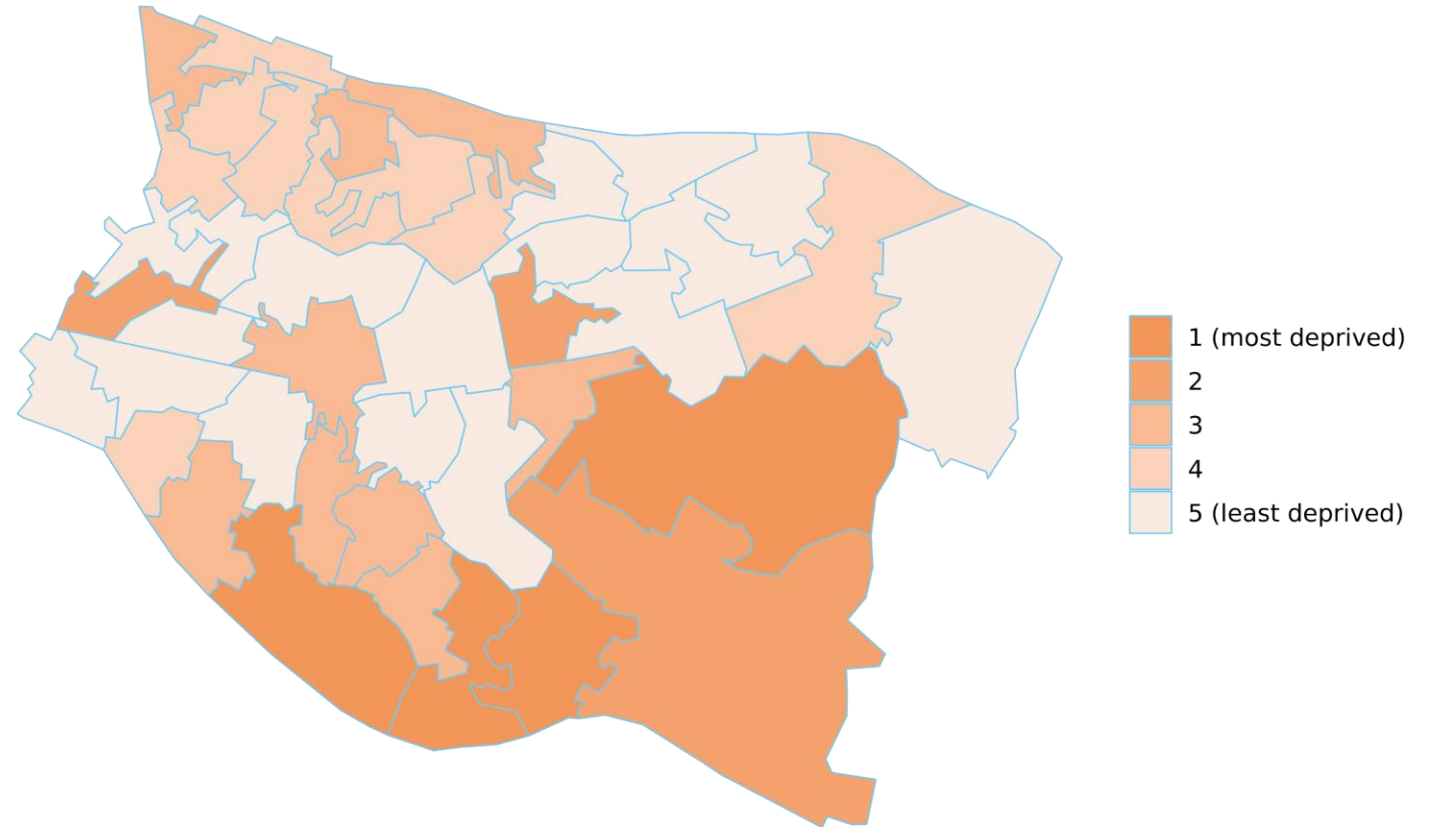
Whilst there is a lower proportion of people in Frognal claiming out of work benefits than the England average, around 1 in 33, it is important to note that the total number of claimants of universal credit is double this, between 1 in 14 and 1 in 15.



# Life Expectancy Gap, 2020-2021

People living in the most deprived 20% of Bexley have a shorter life expectancy than those living in the least deprived 20%. For females the gap is 2.2 years, and for males the gap is 5.2 years.

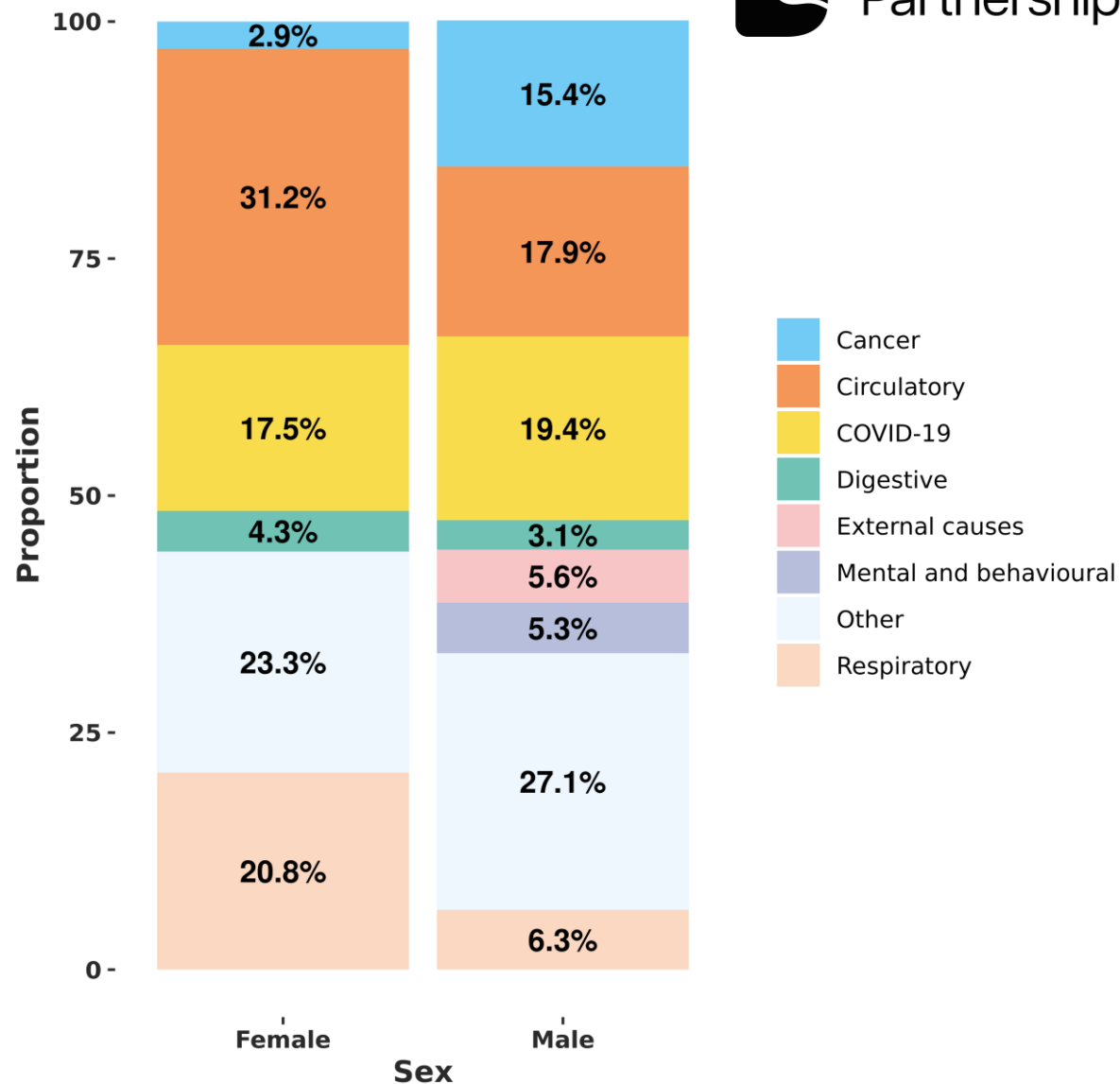
In Frognal around 7,100 people (10.5%) live in the most deprived 20% of Borough, and around 25,852 people (38.1%) live in the least deprived 20% of the Borough.



# Condition-Specific Contribution to Life Expectancy Gap, 2020-2021

The life expectancy gap is caused by extra deaths occurring in the most deprived areas, compared to the least deprived areas. For females and males, different proportions of these deaths are caused by different conditions.

For females, the biggest contributor to the life expectancy gap is deaths from circulatory diseases, whilst for males it is Covid-19 (excluding the “Other” category).





d Summary  
indicators

Higher than England
<b>Significantly higher than England</b>
Lower than England
<b>Significantly lower than England</b>
Data currently unavailable

	England Benchmark		Bexley		Clocktower		Frognal		North Bexley	
	2011 Census	2021 Census	2011 Census	2021 Census	2011 Census	2021 Census	2011 Census	2021 Census	2011 Census	2021 Census
Percentage of population whose ethnic group is not 'white'	14.6	▲ 19	18.1	▲ 28.1	15.1	▲ 26.4	9.4	▲ 15.5	27.1	▲ 38.3
Percentage of population whose ethnicity is not 'White UK'	20.2	▲ 26.5	22.7	▲ 35.6	19.3	▲ 33.9	13.5	▲ 21.4	32.4	▲ 46.7
The percentage of people that cannot speak English well or at all	1.7	▲ 1.9	1.1	▲ 1.6	1.1	▲ 1.8	0.5	▲ 0.8	1.7	▲ 2.1
General fertility rate: live births per 1,000 women aged 15-44 years. five year pooled	59.2	-	61	-	57.2	-	56.6	-	66.3	-
Percentage of the total resident population who are 0 to 4 years of age	5.7	▼ 5.4	6.3	▼ 6.1	5.7	▼ 5.6	5.8	▼ 5.6	7.0	▼ 6.8
Percentage of the total resident population who are 0 to 15 years of age	19.2	▼ 18.6	20.7	▼ 20.5	19.0	▲ 19.2	18.8	▼ 18.5	23.3	▼ 23.1
Percentage of the total resident population who are 5 to 15 years of age	13.5	▼ 13.1	14.4	▶ 14.4	13.3	▲ 13.5	13.0	▼ 12.9	16.3	▶ 16.3
Percentage of the total resident population who are 16 to 24 years of age	10.5	▲ 10.6	9.8	▲ 10.0	9.0	▲ 9.2	10.0	▲ 10.3	10.2	▲ 10.4
Percentage of the total resident population who are 25 to 64 years of age	51.8	▲ 52.4	53.1	▼ 52.9	53.4	▼ 52.9	51.4	▼ 51.3	54.0	▼ 53.9
Percentage of the total resident population who are 50 to 64 years of age	19.2	▲ 19.4	18.9	▲ 19.3	19.8	▲ 20.0	19.6	▲ 19.7	17.8	▲ 18.3
Percentage of the total resident population who are 65 and over	18.5	▼ 18.4	16.5	▲ 16.6	18.6	▲ 18.7	19.8	▲ 19.9	12.5	▲ 12.6
Percentage of the total resident population aged 85 and over	2.5	▼ 2.4	2.6	▼ 2.4	3.0	▼ 2.8	3.5	▼ 3.2	1.8	▼ 1.5
Population density, people per square kilometre	434.1	▼ 433.5	4116.6	▼ 4071	5272.2	-	3243.7	-	4140.3	-

▲ Increasing (change from previous)
▶ No change
▼ Decreasing (change from previous)

## Frognal

- Increase in diversity across Bexley/ all LCN areas since 2011 Census
- Overall Frognal's population is less ethnically diverse compared to other LCN areas (as shown through 2011 Census data)
- Decrease in % population of younger age bands (0-15 yr olds) since 2011 - similar to national picture



Higher than England
<b>Significantly higher than England</b>
Lower than England
<b>Significantly lower than England</b>
Data currently unavailable

	England Benchmark		Bexley		Clocktower		Frognal		North Bexley	
	Previous	Latest	Previous	Latest	Previous	Latest	Previous	Latest	Previous	Latest
% of Publicly Accessible Open Space	-		15.8		10.9		14.5		19.7	
Child Poverty, Income deprivation affecting children index (IDACI)	17.1		16.0		10.6		10.6		22.5	
Households with overcrowding based on overall room occupancy levels	8.7	▼ 4.4	8.1	▼ 6.1	5.0	▼ 4.3	6.1	▼ 3.4	12.2	▼ 9.6
Income deprivation, English Indices of Deprivation	12.9		10.6		7.3		7.3		15.5	
Long-Term Unemployment- rate per 1,000 working age population	1.9		1.1		0.8		0.6		1.7	
Modelled estimates of the proportion of households in fuel poverty (%)	13.2		10.1		9.6		8.8		11.5	
Older people in poverty: Income deprivation affecting older people Index (IDAOPPI)	14.2		10.9		8.6		8.8		15.9	
Older people living alone, % of people aged 66 and over who are living alone	31.5	▼ 29.9	32.2	▼ 30.6	30.3	▼ 28.5	31.6	▼ 30.9	35.4	▼ 33.0
People on Universal Credit (as a proportion of residents aged 18-64)	-		11.4		8.4		6.9		17.6	
Smoking prevalence at age 15 - regular or occasional smokers (modelled estimates)	8.2		9.0		9.7		10.7		7.2	
Smoking prevalence at age 15 - regular smokers (modelled estimates)	5.4		4.9		5.5		6.1		3.5	

▲ Increasing (change from previous)
▶ No change
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Higher than England
<b>Significantly higher than England</b>
Lower than England
<b>Significantly lower than England</b>
Data currently unavailable

	England Benchmark		Bexley		Clocktower		Frognaal		North Bexley	
	Previous	Latest	Previous	Latest	Previous	Latest	Previous	Latest	Previous	Latest
Unemployment % (Claimants as a proportion of residents aged 16-64): Female	3.1		2.6		2.0		1.7		3.5	
Unemployment % (Claimants as a proportion of residents aged 16-64): Male	4.3		3.3		2.6		2.0		4.5	
Unemployment (Percentage of the working age population claiming out of work benefit)	5.0		4.2		3.3		3.0		5.7	
Yearly Crime (Rate per 1000): Arson and Criminal Damage*	7.7	▼ 7.2	6.4	▲ 7.1	4.5	▲ 5.1	5.6	▲ 7.0	8.2	▲ 8.5
Yearly Crime (Rate per 1000): Burglary*	4.2	▼ 4.0	3.5	▼ 3.2	3.4	▶ 3.4	2.6	▶ 2.6	4.3	▼ 3.5
Yearly Crime (Rate per 1000): Drug Offences*	2.6	▲ 2.8	2.7	▲ 2.8	3.1	▲ 8.6	1.9	▼ 1.7	2.9	▲ 3.3
Yearly Crime (Rate per 1000): Miscellaneous Crimes Against Society*	1.8	▲ 2.0	0.9	▲ 1.1	0.8	▲ 1.1	0.8	▲ 1.0	1.2	▶ 1.2
Yearly Crime (Rate per 1000): Possession of Weapons*	0.9	▶ 0.9	0.4	▼ 0.3	0.4	▼ 0.3	0.3	▼ 0.1	0.4	▲ 0.4
Yearly Crime (Rate per 1000): Public Order Offences*	7.5	▼ 6.7	5.0	▼ 4.8	4.9	▲ 5.1	4.2	▼ 3.0	5.7	▶ 5.7
Yearly Crime (Rate per 1000): Robbery*	1.3	▶ 1.3	1.3	▶ 1.3	1.5	▲ 1.7	0.8	▼ 0.7	1.6	▼ 1.5
Yearly Crime (Rate per 1000): Theft*	1.9	▶ 1.9	0.7	▲ 1.1	1.0	▲ 1.8	0.6	▼ 0.5	0.6	▲ 1.0
Yearly Crime (Rate per 1000): Vehicle Offences*	6.2	▼ 5.8	8.6	▲ 9.5	6.8	▲ 8.6	8.6	▼ 8.1	10.1	▲ 11.1
Yearly Crime (Rate per 1000): Violence and Sexual Offences*	33.8	▼ 32.8	24.8	▼ 22.8	21.6	▼ 21.2	17.0	▼ 15.7	32.8	▼ 28.9

▲ Increasing (change from previous)
▶ No change
▼ Decreasing (change from previous)



e

# Wellbeing Acorn Profile Overview



Bexley Wellbeing  
Partnership

# Wellbeing Acorn Profile

Wellbeing Acorn is a tool that segments the UK population based on health and wellbeing factors, helping to better understand the social, behavioural, and health-related needs of different communities.

It uses a combination of predictive modelling and real-world data to group people into four high-level categories, and 25 types:

1	<p><i>Group 1</i> <b>Health Challenges</b></p>	<p>1 Limited Living 2 Poorly Pensioners 3 Hardship Heartlands 4 Elderly Ailments 5 Countryside Complacency</p>
2	<p><i>Group 2</i> <b>At Risk</b></p>	<p>6 Dangerous Dependencies 7 Struggling Smokers 8 Despondent Diversity 9 Everyday Excesses 10 Respiratory Risks 11 Anxious Adversity 12 Perilous Futures 13 Regular Revellers</p>
3	<p><i>Group 3</i> <b>Caution</b></p>	<p>14 Rooted Routines 15 Borderline Behaviours 16 Countryside Concerns 17 Everthing in Moderation 18 Cultural Concerns</p>
4	<p><i>Group 4</i> <b>Healthy</b></p>	<p>19 Relishing Retirement 20 Perky Pensioners 21 Sensible Seniors 22 Gym &amp; Juices 23 Happy Families 24 Five-A-Day Greys 25 Healthy, Wealthy &amp; Wine</p>

## Why use Wellbeing Acorn?

- Wellbeing Acorn draws on a wide range of data sources, both commercial and public sector, including the Health Survey for England.
- Provides deeper insights into upstream issues impacting health and wellbeing, based on lifestyle traits.
- Supports the targeting of health and wellbeing resources and strategies.
- Allows for comparison between Frognal LCN and the London Borough of Bexley (base).

## Interpreting Wellbeing Acorn data

Wellbeing Acorn is a **predictive** model, meaning it offers data based on patterns and trends. While it provides powerful insights, the figures should be taken as **indicative** rather than absolute.

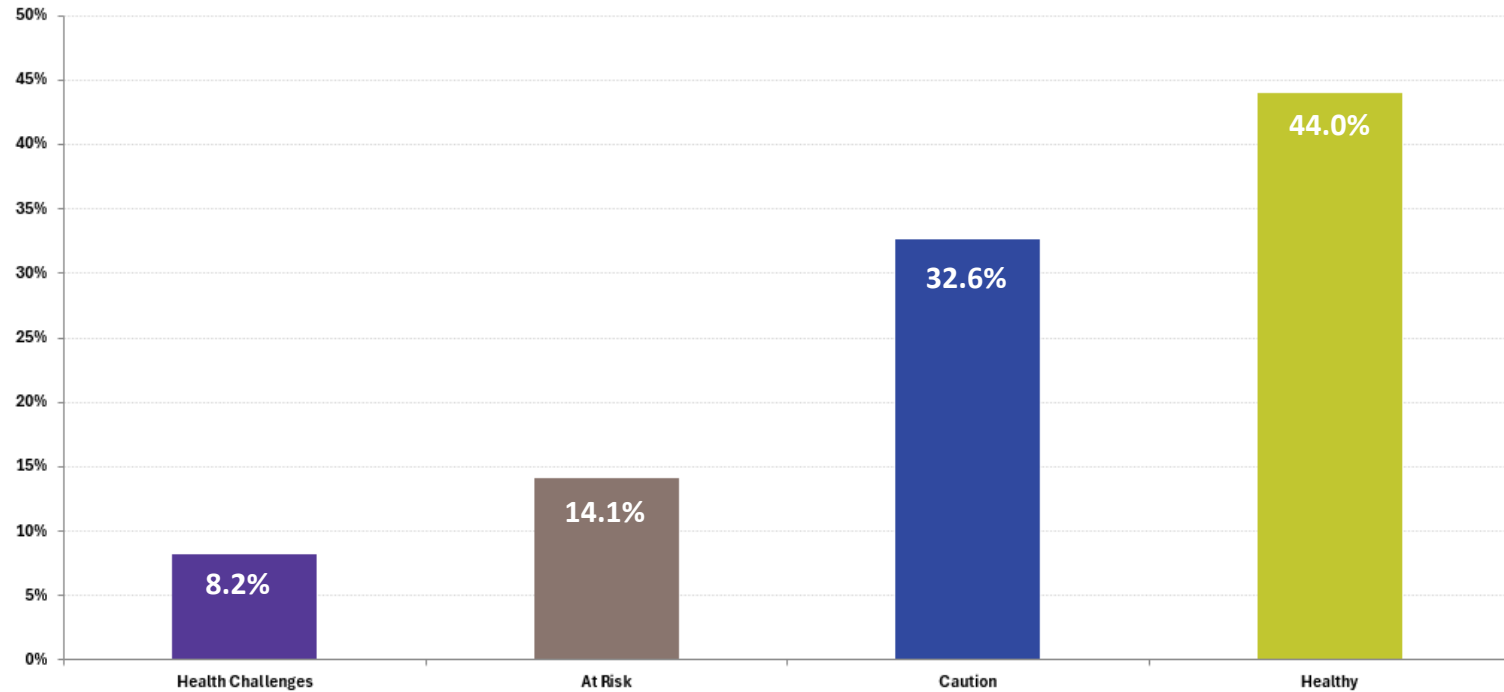
For more information, the Wellbeing Acorn User Guide is available to download from the products section at <http://www.caci.co.uk>

# Summary of Group Characteristics:

- **Health Challenges:** populations with significant health issues and high-risk behaviours. These include older populations, often in deprived areas, with multiple conditions, poor lifestyle habits, and social isolation.
- **At Risk:** population with unhealthy behaviours (smoking, poor diet, high stress), who haven't yet developed major health issues.
- **Caution:** Population with moderate health risks, managing habits better but still needing support to avoid health problems.
- **Healthy:** population with active, balanced lifestyles, healthy habits, and good overall health.

Profile: Frognal LCN 11/12/2024

## WELLBEING ACORN GROUP PROFILE



The profile for **Frognal** shows a **higher proportion** of **Healthy** populations, followed by those who fall in the **Caution** group. The At Risk and Caution groups or communities may require targeted interventions to avoid and prevent health issues.

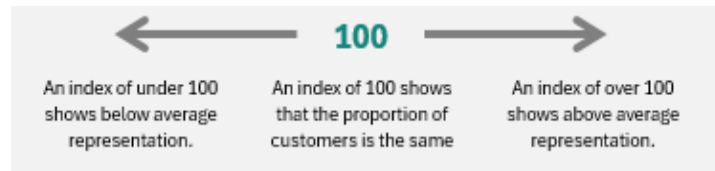
# WELLBEING ACORN GROUP PROFILE

Profile: **Frognal LCN 11/12/2024**  
**London Borough of Bexley**

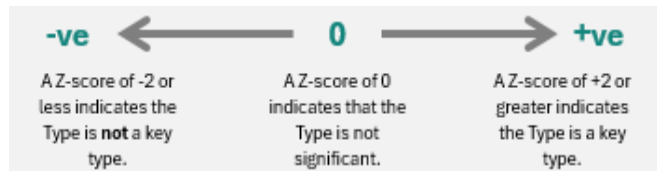
Wellbeing Acorn Group Description	Profile	%	Base	%	Penetration %	Z-Score	Index	0	100	200
1. Health Challenges	98	8.2	9,222	9.3	1.1	-1.3	88			
2. At Risk	169	14.1	19,259	19.3	0.9	-4.6	73			
3. Caution	391	32.6	39,948	40.1	1.0	-5.3	81			
4. Healthy	528	44.0	30,859	31.0	1.7	9.8	142			
Not Private Households	13	1.1	299	0.3	4.3	5.0	361			
<b>Total</b>	<b>1,199</b>		<b>99,587</b>		<b>1.2</b>					



### Index:



### Z Score:



The **Healthy** group in Frognal is around 42% above the base average for the borough, whilst the **At Risk** group is 27% below the base average.

# Further Breakdown: Wellbeing Acorn Type

## Key insights

Whilst there is a higher proportion of Healthy populations in Frognal, there are segments of the population which are above average compared to the borough and fall into the **Health Challenges**, **At Risk** and **Caution** groups. The top 3 highest Wellbeing Acorn types which have above average representation in these groups are:

- Countryside Complacency
- Regular Revelers
- Countryside Concerns

Additional Information on each

Wellbeing Acorn Type can be found

Here: [Wellbeing Acorn User Guide.pdf](#)

Profile: **Frognal LCN 11/12/2024**  
London Borough of Bexley

Wellbeing Acorn Type Description	Profile	%	Base	%	Penetration %	Z-Score	Index	0	100	200
<b>1. Health Challenges</b>										
1.1 Limited Living	18	1.4	1,949	2.0	0.9	-1.5	71			
1.2 Poorly Pensioners	5	0.4	601	0.6	0.8	-1.0	64			
1.3 Hardship Heartlands	16	1.2	3,382	3.4	0.5	-4.3	36			
1.4 Elderly Ailments	53	4.1	3,062	3.1	1.7	2.1	133			
1.5 Countryside Complacency	6	0.5	228	0.2	2.6	1.8	203			
<b>2. At Risk</b>										
2.6 Dangerous Dependencies	0	0.0	59	0.1	0.0	-0.9	0			
2.7 Struggling Smokers	11	0.9	2,003	2.0	0.5	-3.0	42			
2.8 Despondent Diversity	0	0.0	519	0.5	0.0	-2.6	0			
2.9 Everyday Excesses	41	3.2	6,023	6.0	0.7	-4.3	52			
2.10 Respiratory Risks	1	0.1	148	0.1	0.7	-0.7	52			
2.11 Anxious Adversity	11	0.9	3,568	3.6	0.3	-5.3	24			
2.12 Perilous Futures	28	2.2	3,691	3.7	0.8	-2.9	58			
2.13 Regular Revellers	77	6.0	3,248	3.3	2.4	5.5	183			
<b>3. Caution</b>										
3.14 Rooted Routines	38	2.9	6,500	6.5	0.6	-5.2	45			
3.15 Borderline Behaviours	199	15.4	21,977	22.1	0.9	-5.8	70			
3.16 Countryside Concerns	84	6.5	2,741	2.8	3.1	8.2	236			
3.17 Everthing in Moderation	70	5.4	8,730	8.8	0.8	-4.3	62			
3.18 Cultural Concerns	0	0.0	0	0.0	0.0	0.0	0			
<b>4. Healthy</b>										
4.19 Relishing Retirement	57	4.4	1,033	1.0	5.5	12.0	425			
4.20 Perky Pensioners	6	0.5	82	0.1	7.3	4.8	564			
4.21 Sensible Seniors	5	0.4	74	0.1	6.8	4.1	521			
4.22 Gym & Juices	24	1.9	945	0.9	2.5	3.4	196			
4.23 Happy Families	242	18.7	23,092	23.2	1.0	-3.8	81			
4.24 Five-A-Day Greys	42	3.3	955	1.0	4.4	8.5	339			
4.25 Healthy, Wealthy & Wine	152	11.8	4,678	4.7	3.2	12.0	250			
<b>Not Private Households</b>										
60 Active Communal Population	1	0.1	23	0.0	4.3	1.3	335			
61 Inactive Communal Population	12	0.9	276	0.3	4.3	4.5	335			
62 Business addresses without residential populatic	93	7.2	0	0.0	0.0	0.0	0			

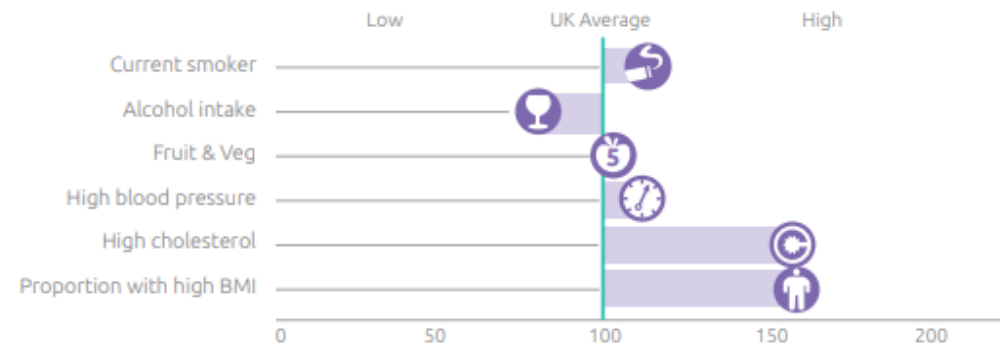
# Wellbeing Acorn Type - Description

**Countryside Complacency:** Rural individuals with a relaxed, sedentary lifestyle. They tend to have poor health awareness, with higher rates of smoking, excessive drinking, and less physical activity. They are complacent about their health, with limited awareness or resources to improve their well-being.

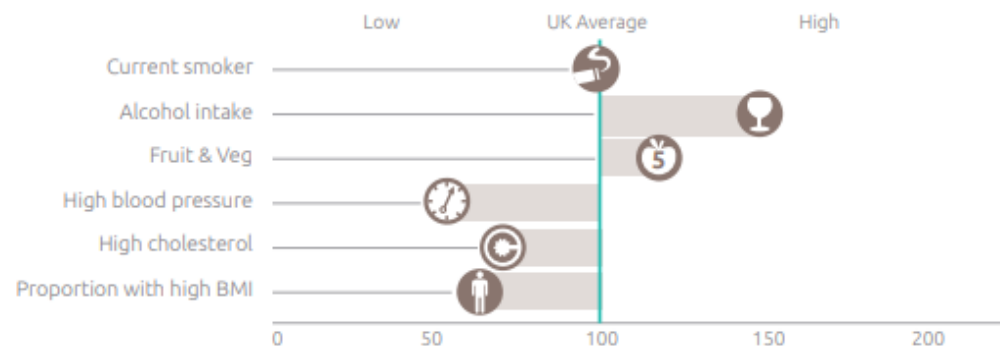
**Regular Revellers:** Social individuals who frequently engage in drinking and partying, leading to unhealthy habits and potential health risks.

**Countryside Concerns:** Rural areas with populations that face a mix of health risks, including poor access to healthcare services. People may have sedentary lifestyles and a higher reliance on alcohol or smoking, along with mental health challenges due to isolation.

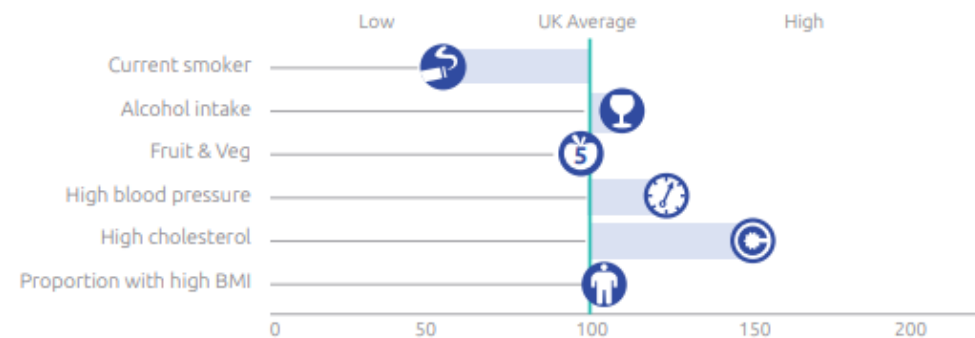
## Countryside complacency



## Regular revellers



## Countryside concerns





# Overview: Health & Wellbeing

## Key insights

- Issues such as Coronary Heart Disease, Chronic Bronchitis , Emphysema, BMI>30, and Diabetes are below the base average for the borough.
- Incidents of High blood pressure are 1% above in this profile than the base average.
- Approximately 8% felt downhearted/depressed in the past 4 weeks. This is 10% below the base average for the borough.

Profile: Frogna LCN 11/12/2024  
Base: London Borough of Bexley

### HEALTH (EVER DIAGNOSED WITH)

#### HEART & LUNGS



**2%**

Index: 99

**Coronary heart disease**



**13%**

Index: 97

**Asthma**



**1%**

Index: 96

**Chronic bronchitis**



**0%**

Index: 95

**Emphysema**



**15%**

Index: 98

**Cholesterol (taking medication for)**

#### OTHER



**16%**

Index: 101

**High blood pressure**



**2%**

Index: 96

**Stroke**



**19%**

Index: 94

**BMI > 30**



**6%**

Index: 95

**Diabetes**



**1%**

Index: 97

**Any kind of liver condition**

### WELLBEING



**5%**

Index: 96

**Has Depression**



**8%**

Index: 90

**Feels downhearted / depressed in the past 4 weeks**



**19%**

Index: 90

**Poor general health**



**15%**

Index: 96

**Does not enjoy general happiness**



**9%**

Index: 93

**Does not feel a sense of self-worth**

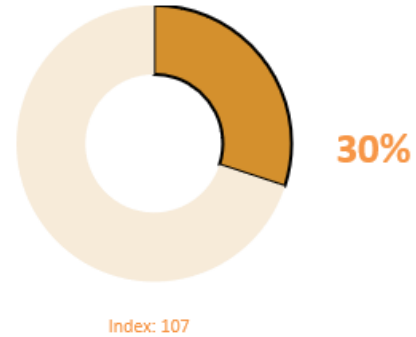
# Overview: Behavioural risk factors

## Key insights

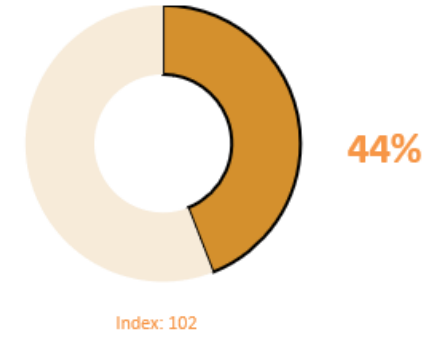
- Approximately 30% of women have >3 units of alcohol per day, which is 7% above the base average for the borough. Around 44% of men have >4 units day, which is 2% above the base average.
- About 12% are likely to be current cigarette smokers. This is around 16% below the base average.
- 35% are likely to eat fruit 3 times or less per week which is around 8% below the base average for the borough.
- 35% never do moderate intensity sports, which is approximately 8% below the base average.

## BEHAVIOURS

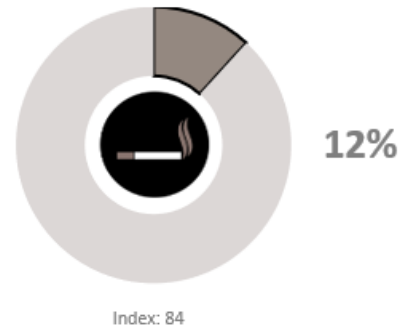
> 3 units per day (Women)



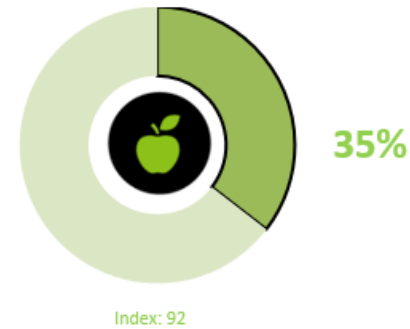
> 4 units per day (Men)



Current cigarette smoker



Eats fruit 3 or less days per week



Never does moderate intensity sports

