



North Bexley Local Care Network Profile

1. People and places

Last updated 25th 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.

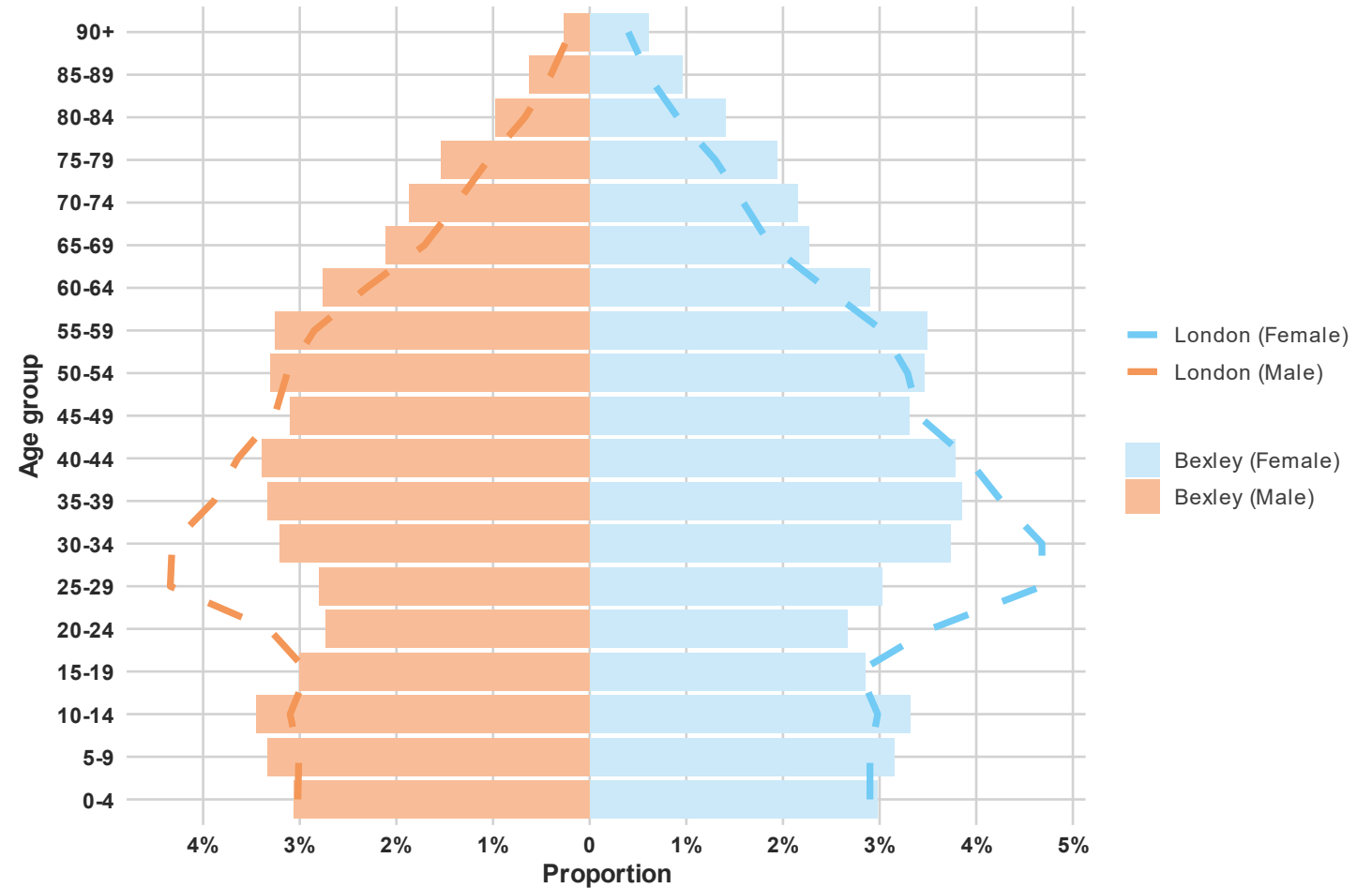
However, the 2021 Census was conducted during a coronavirus lockdown, so caution must be taken when interpreting Census information on residence, migration, and economic activity.

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

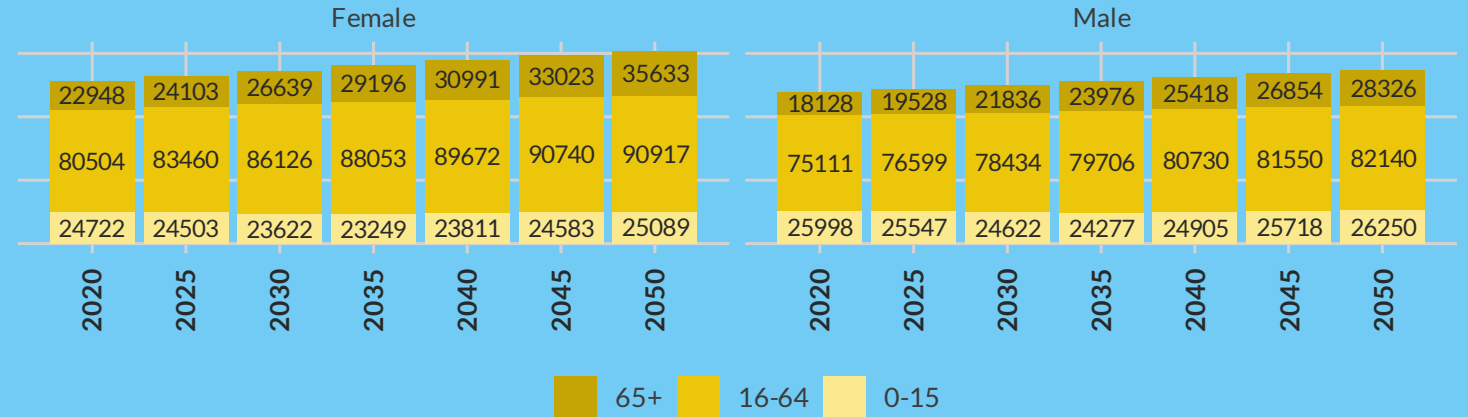
- The size of Bexley's 0-15 year old population is projected to grow in the short term, decline in the 2030s, before growing again. However the rate of growth in other age groups means that even at its height, the 0-15 age group will make up a smaller proportion of the population in the future.

- 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)

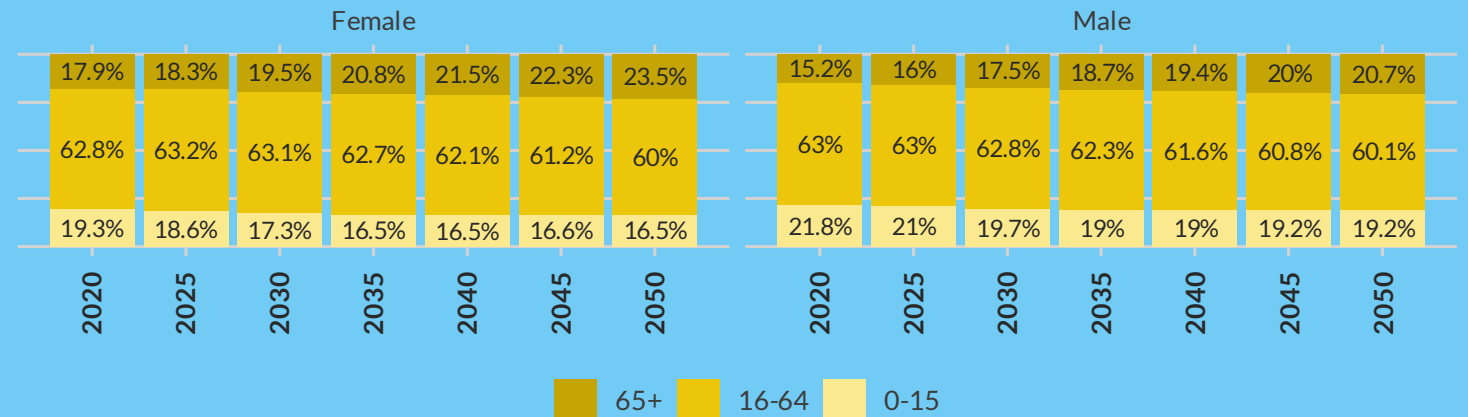
Bexley, 2020-2050



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

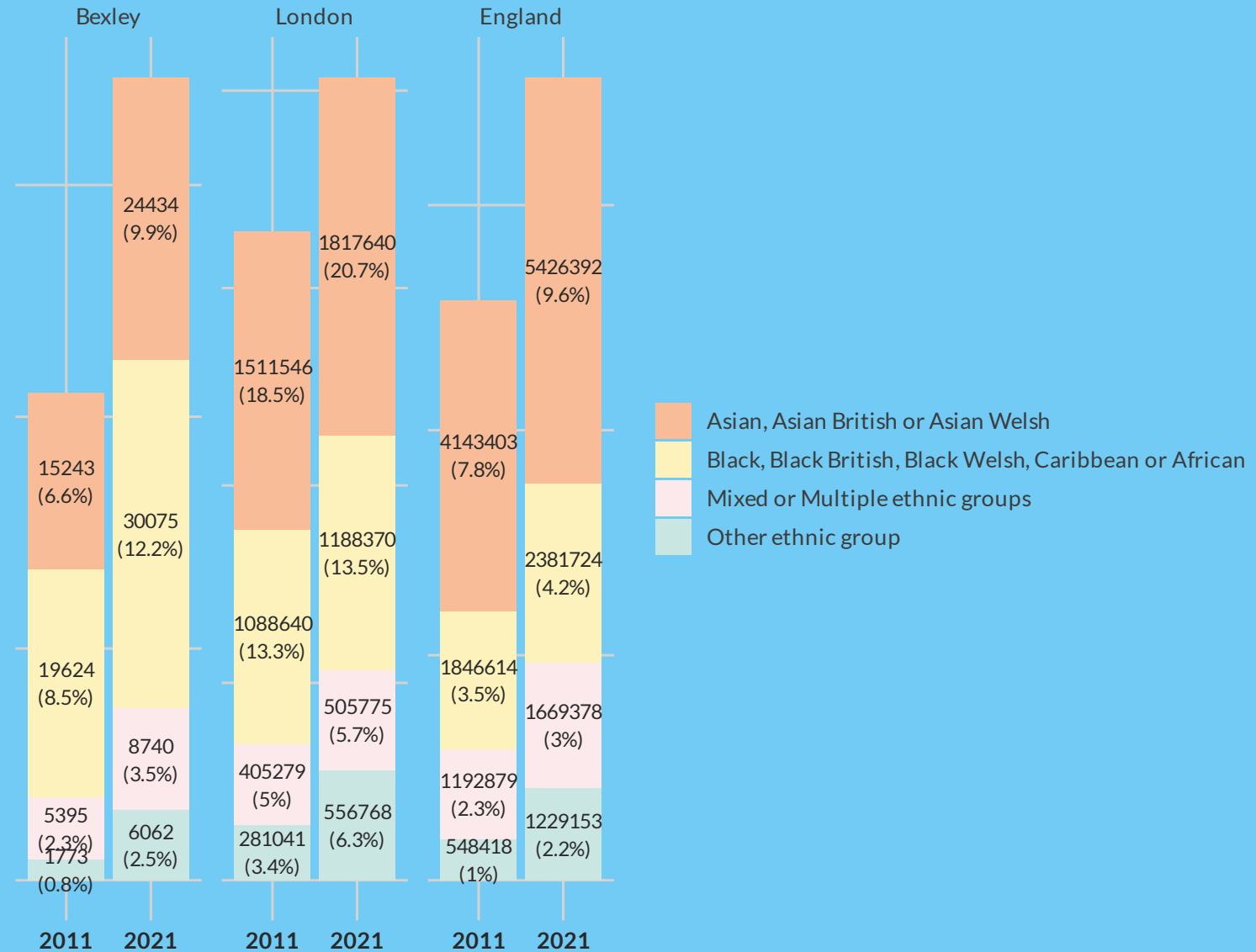
Bexley is becoming more ethnically diverse

- 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



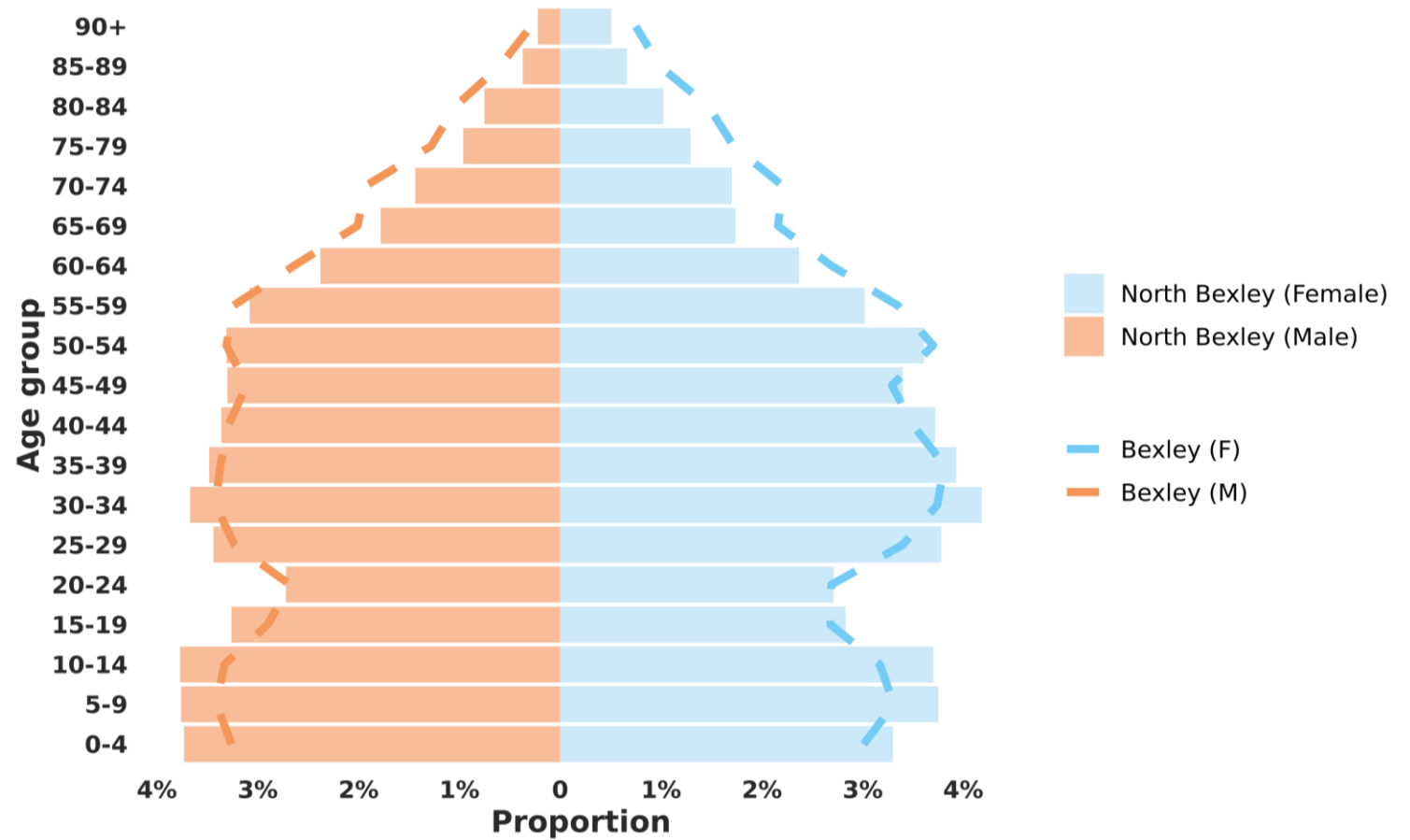
e North Bexley
in focus

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

North Bexley is the most populous LCN in Bexley, with 101,000 inhabitants.

It has the youngest population: 23% are children aged 0-15 (higher than the England average) and 64% are of working age.

Like all LCNs in Bexley, North Bexley has less young adults aged 16-24 than the London average, but more than England average.



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

North Bexley has the highest birth rate in Bexley, and is the only LCN with a birth rate above the England average, indicating it may continue to be the largest LCN.

Within North Bexley, the highest rate is in Erith (75.0 per 1,000), corresponding with the the greatest projected increase in population (27.8% between 2019 and 2030) based on housing data*.

*These data are not currently available for North Bexley as a whole

Sources: 1. Office for National Statistics and OHID
2. Greater London Authority 2016-based Housing-led ward projections

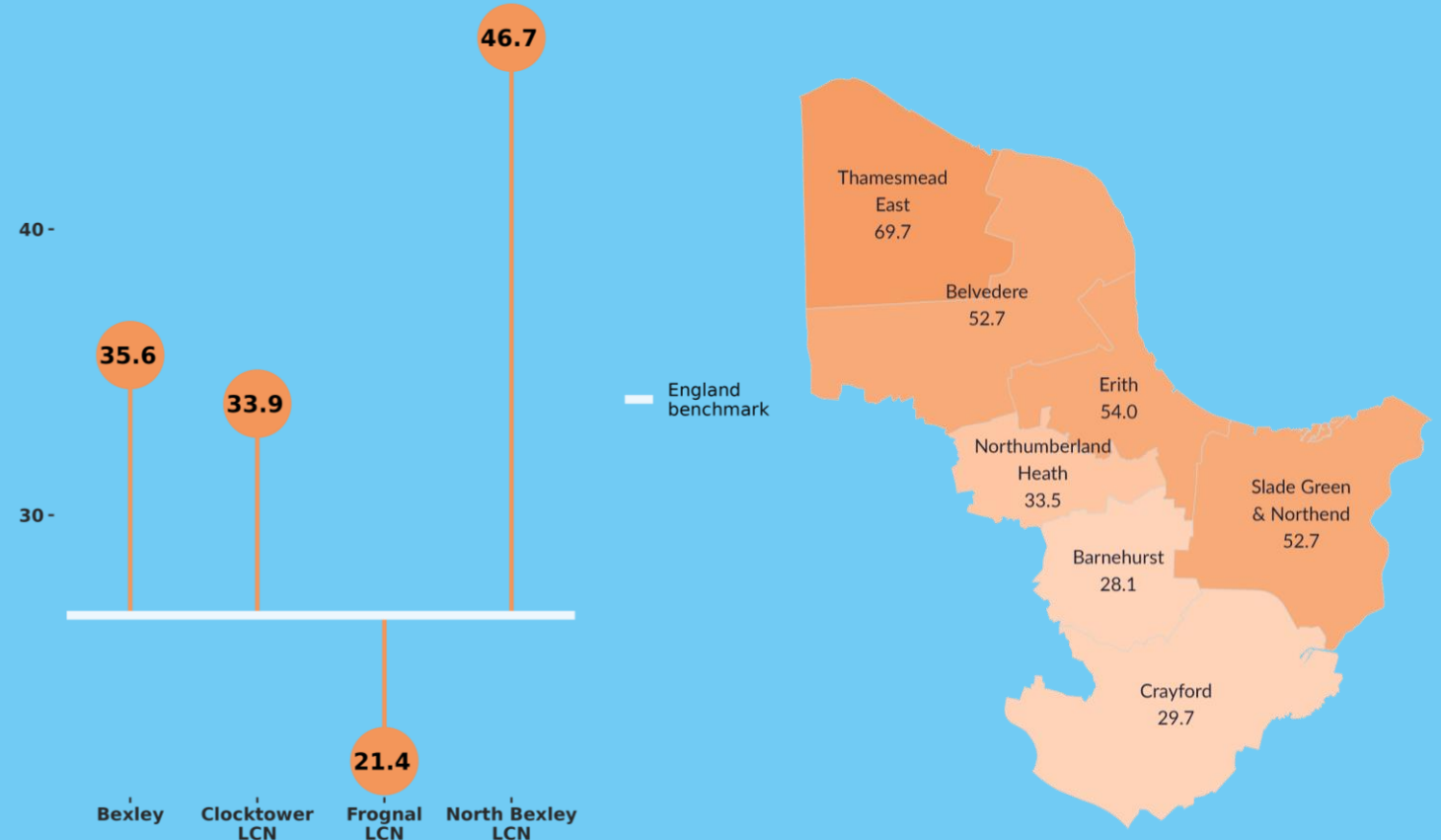


Percentage of population whose ethnicity is not 'White UK', 2021

North Bexley is the most diverse LCN in Bexley, however there is variation within the LCN.

In Thamesmead East, 69.7% of people declared an ethnicity other than 'White UK' on the 2021 Census.

In every ward in North Bexley, the proportion of the population whose ethnicity is not 'White UK' is higher than the England average.

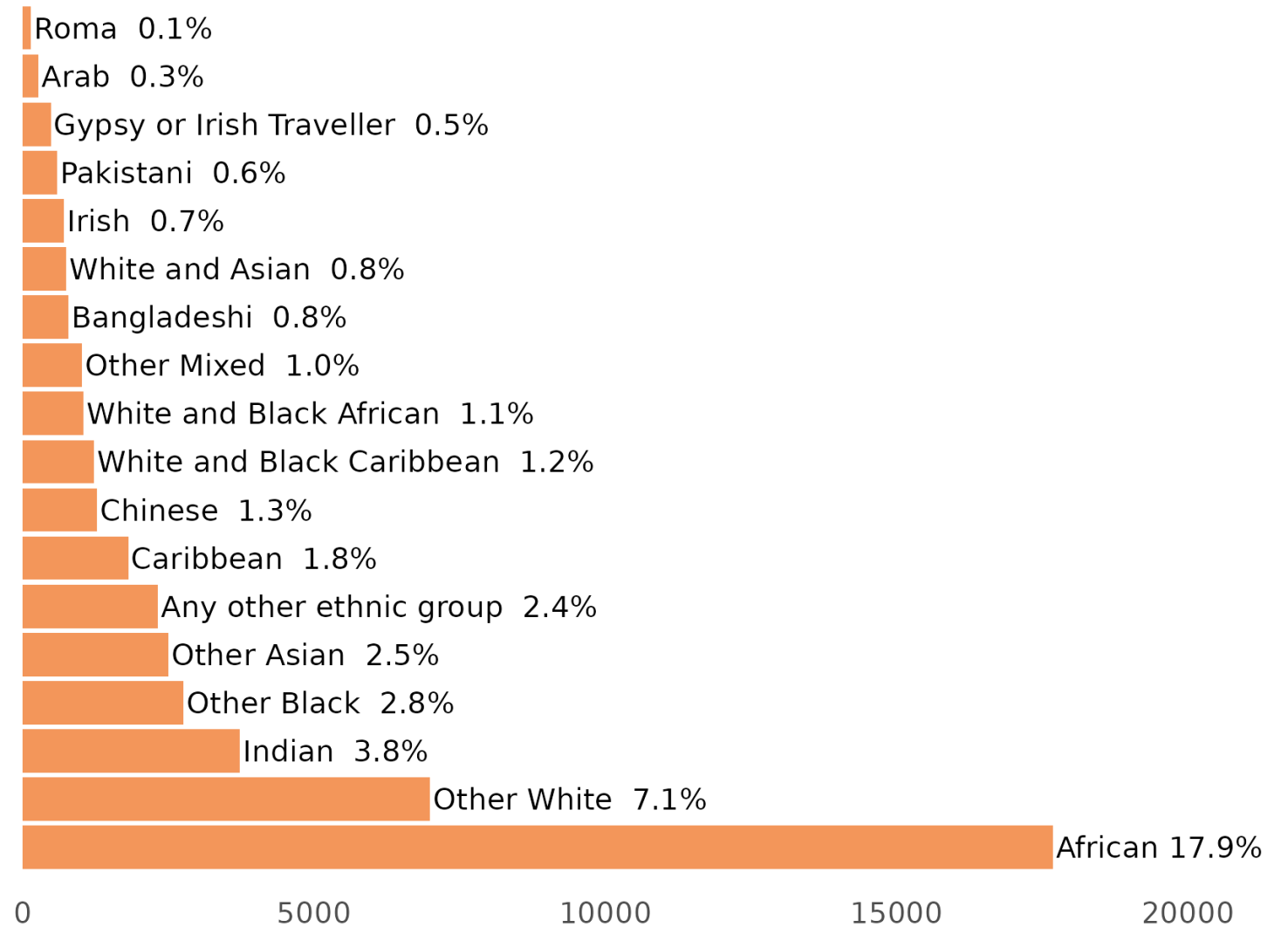


Proportion of the resident population by ethnic group (excluding White UK), 2021

After 'White UK', the second largest ethnic group in North Bexley is people from an African background: 17,680 people according to the 2021 Census.

Across England and Wales, males and females of Black African ethnic background had the highest excess mortality from Covid-19: 2.7 and 2.0 times respectively higher than for males and females of White ethnic background. 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

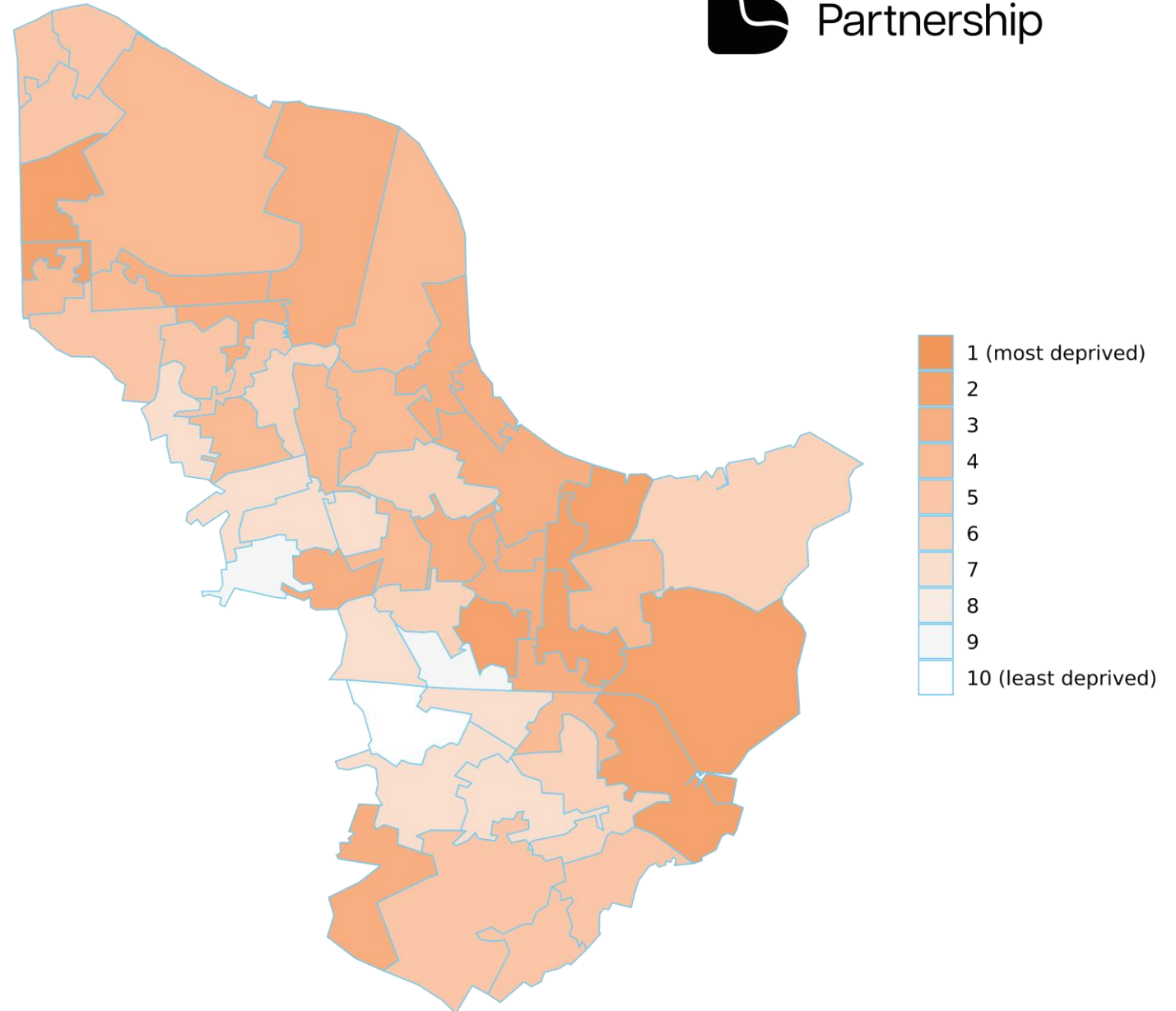
The Index of multiple deprivation ranks small areas by:

- 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, the majority being within North Bexley: 71% of areas in North Bexley are more deprived than the England median, and several are in the 20% most deprived in the country.

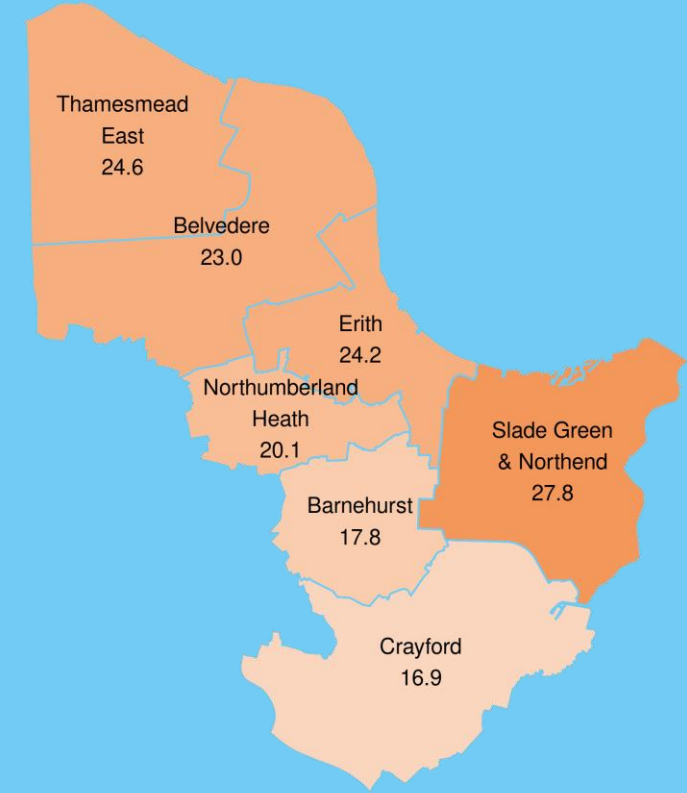
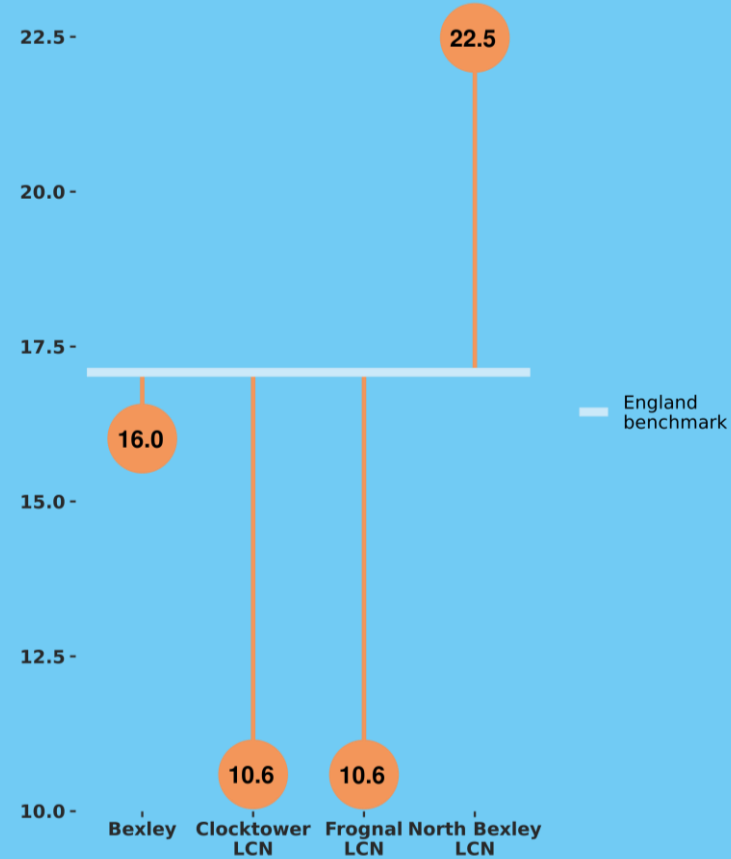
Source: English Indices of Deprivation 2019



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. North Bexley has a higher proportion of children affected by income deprivation than the England and Bexley averages, with more than 1 in 5 children affected.

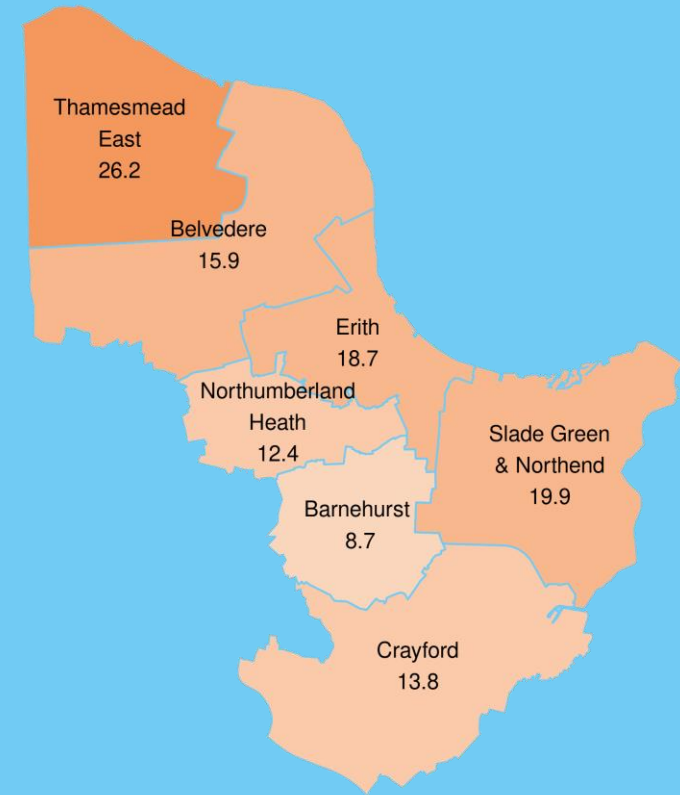
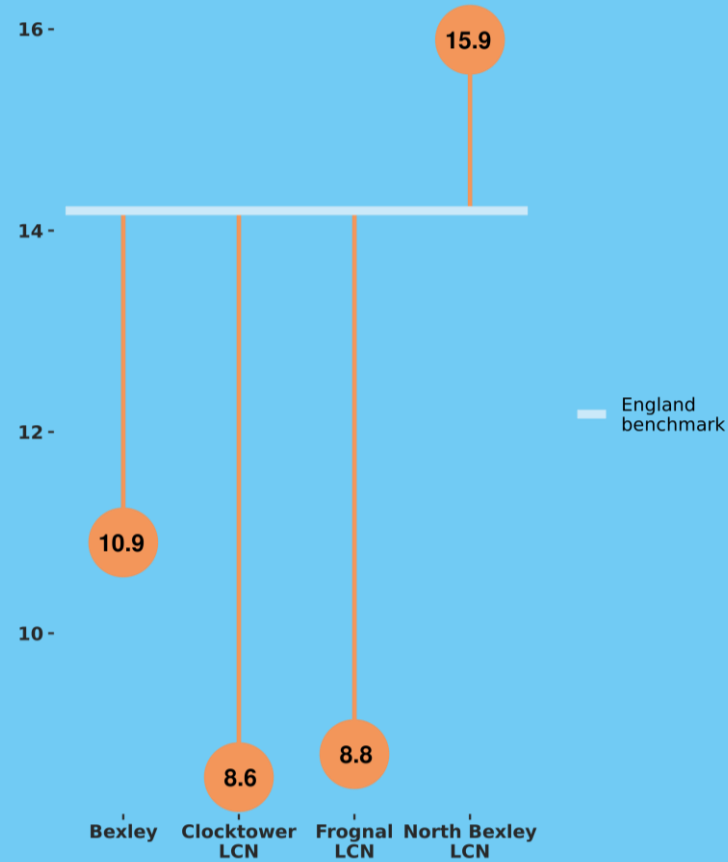
Source: English Indices of Deprivation 2019



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. North Bexley has a higher proportion of older people affected by income deprivation than the England and Bexley averages.

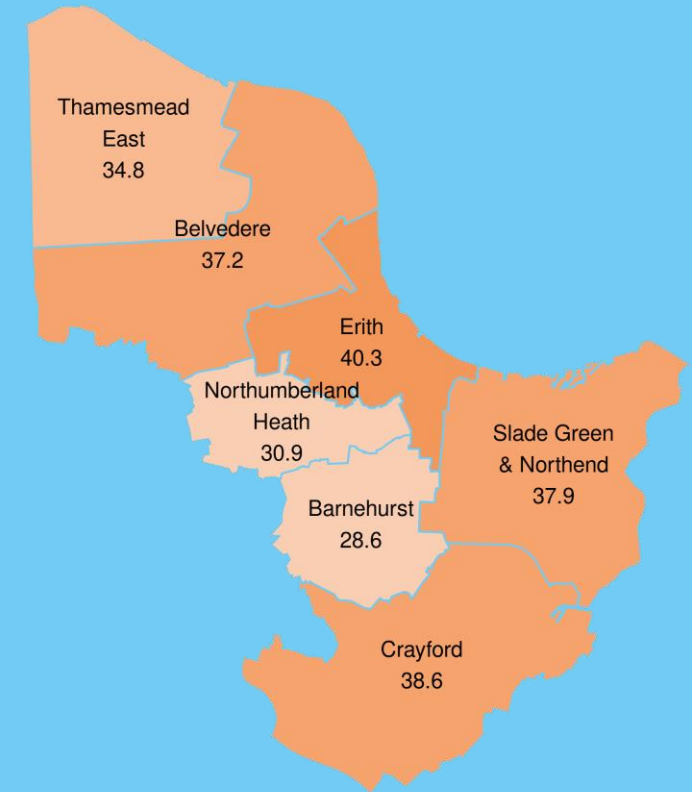
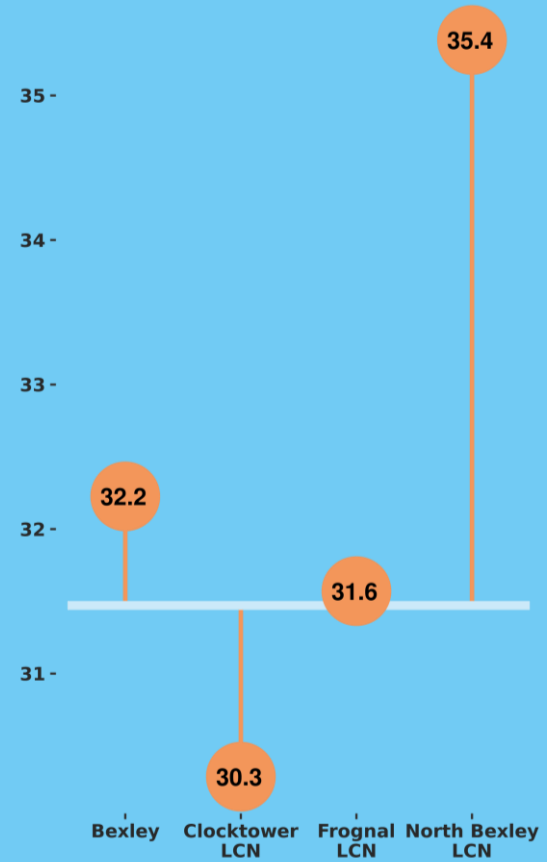
Source: English Indices of Deprivation 2019



People aged 65+ living alone, 2011

In North Bexley, almost 1 in 3 older people live alone – the highest proportion in Bexley and above the England average.

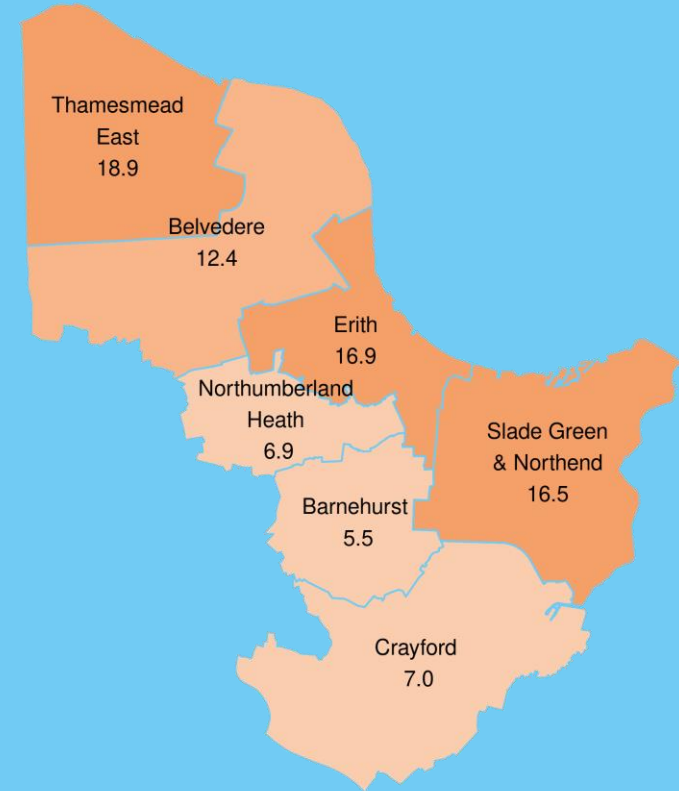
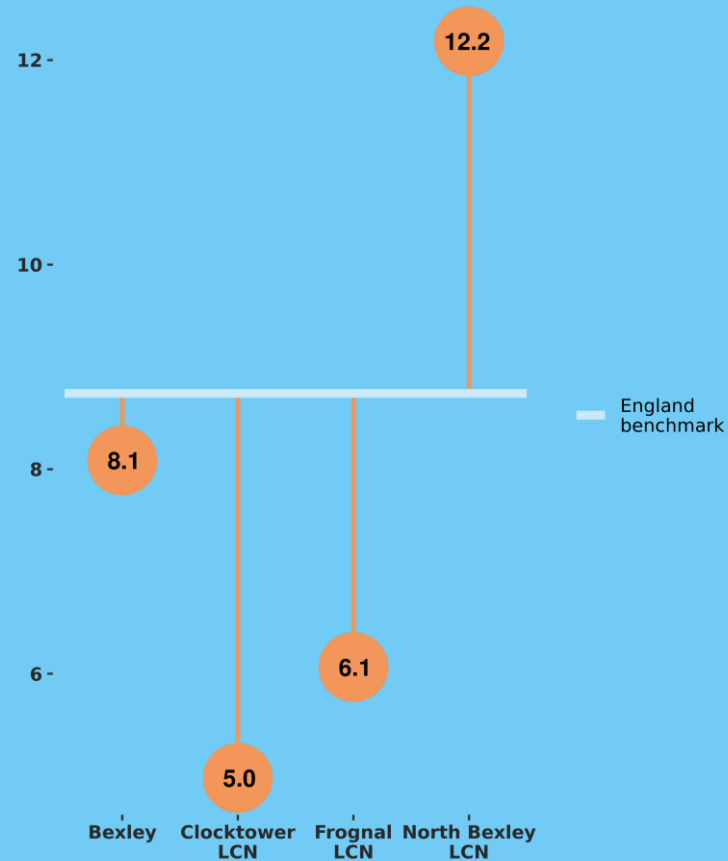
Within North Bexley the highest proportion is in Erith, where 41% of older people live alone.



Household Overcrowding, 2011

All LCNs in Bexley have a much higher population density than the England average, which is expected for a London Borough. However North Bexley is the only LCN in Bexley with a higher than average level of household overcrowding.

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.

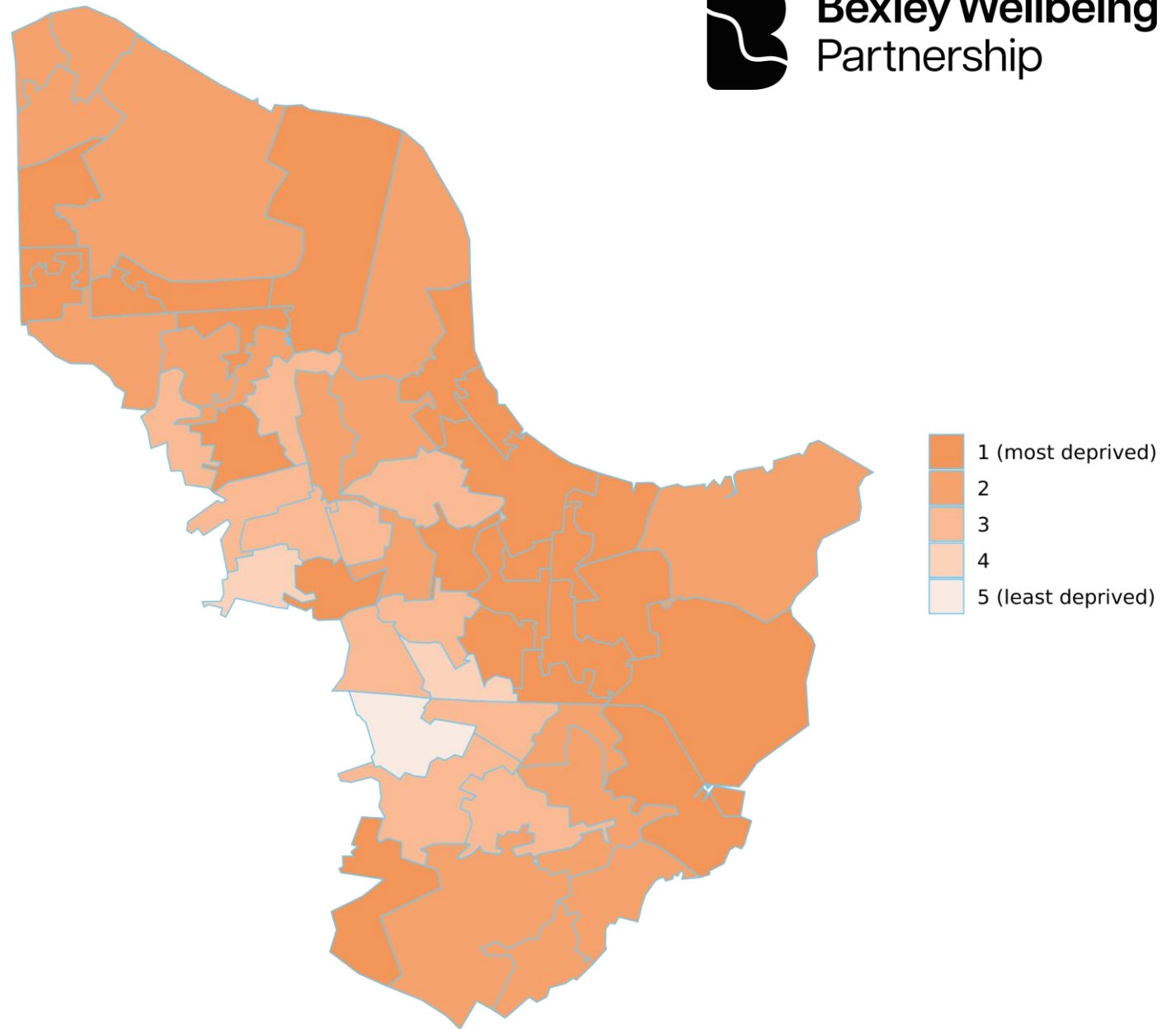
Whilst 7.5% of working age people in Thamesmead East are claiming out of work benefits, a much larger proportion (36%) are claiming universal credit.



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.

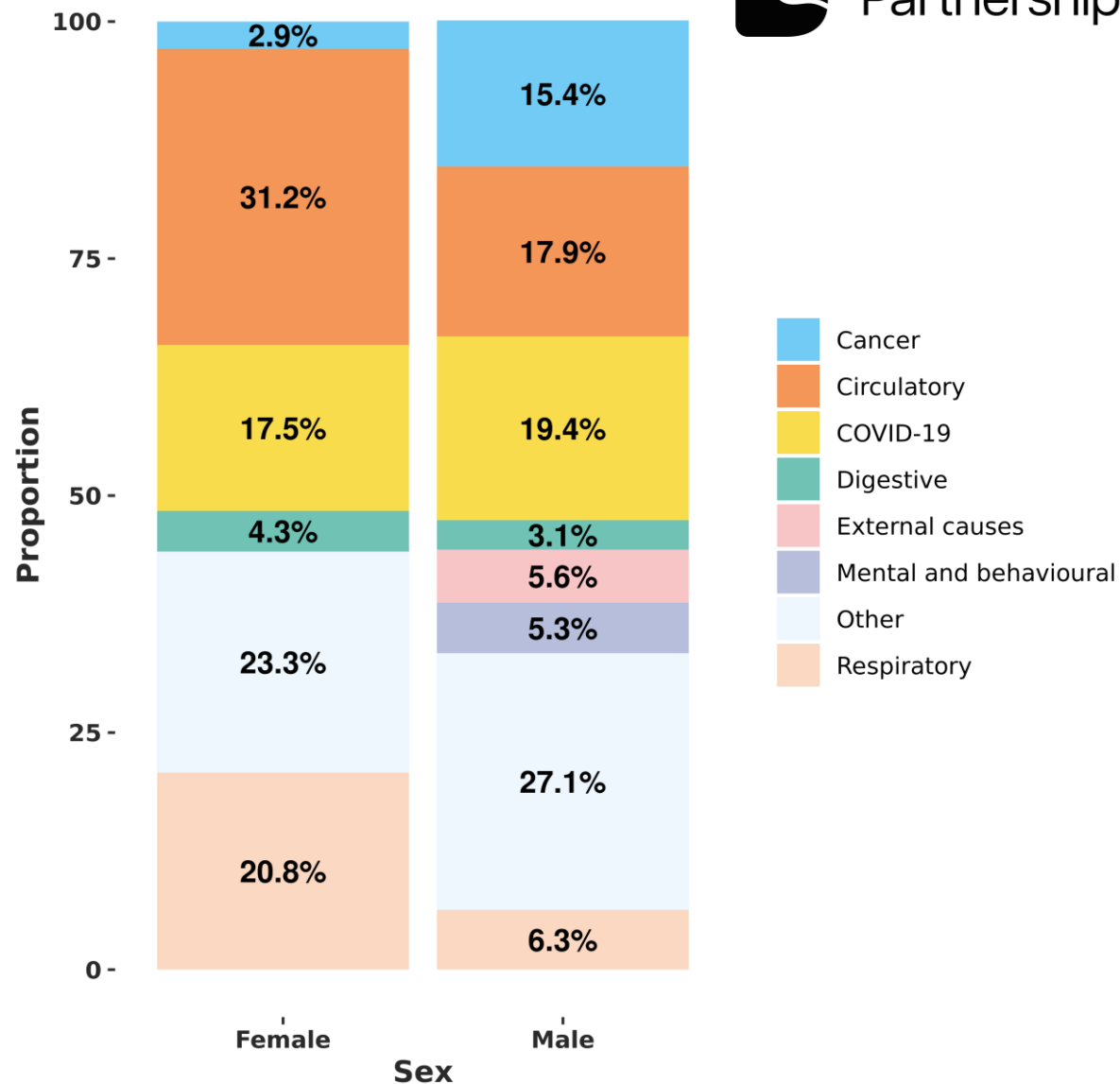
In North Bexley around 44,400 people (44.0%) live in the most deprived 20% of Borough, and around 1,643 people (1.6%) live in the least deprived 20% of the Borough



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
Significantly higher than England
Lower than England
Significantly lower than England
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)

North Bexley

- Increase in diversity across Bexley/all LCN areas since 2011 Census.
- North Bexley's population is more ethnically diverse, compared to other LCN areas (as shown through 2011 Census data)
- North Bexley has had a notable percentage point (pp) increase in ethnic groups who are not 'white' or whose ethnicity is not 'white UK' (similar to Clocktower):
 - 11.2 pp increase of population whose ethnicity is not 'White' since 2011
 - 14.3 pp increase in population whose ethnicity is not 'White UK'
- More notable increase in 50-64 population in North Bexley since 2011 & compared to other LCN areas/Bexley overall

Higher than England
Significantly higher than England
Lower than England
Significantly lower than England
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 (IDAOP)	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
▼ Decreasing (change from previous)

North Bexley

- Households with overcrowding, and older people living alone notably higher in North Bexley compared to other LCN's, Bexley overall and the national benchmark.

Higher than England
Significantly higher than England
Lower than England
Significantly lower than England
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

North Bexley

- The yearly crime rate involving Arson and Criminal Damage, Drug offences, and Vehicle offences in North Bexley increased in 2023/24.

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

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 North Bexley 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.

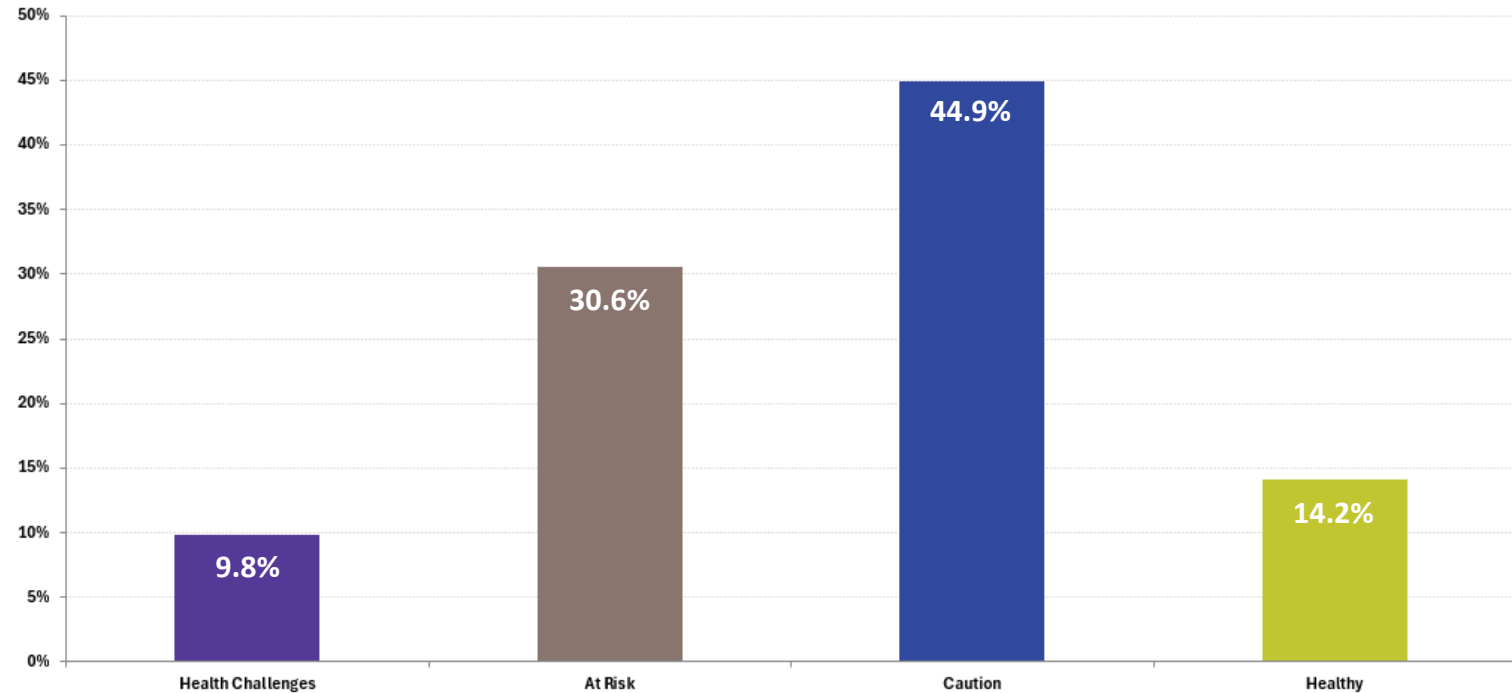
For more information, the Wellbeing Acorn User Guide is available to download from the products section at <http://www.caci.co.uk>

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: North Bexley LCN 11/12/2024

WELLBEING ACORN GROUP PROFILE



The profile for **North Bexley LCN** shows a **higher proportion** of the population who fall in the **Caution**, and **At Risk** groups, These individuals may require targeted interventions to avoid and prevent health issues.

WELLBEING ACORN GROUP PROFILE

Profile:

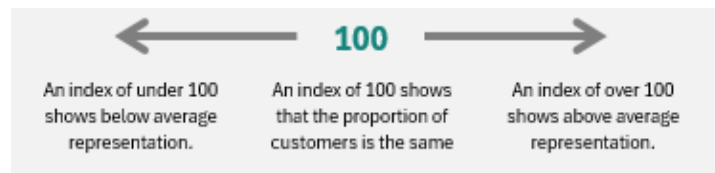
North Bexley LCN 11/12/2024

London Borough of Bexley

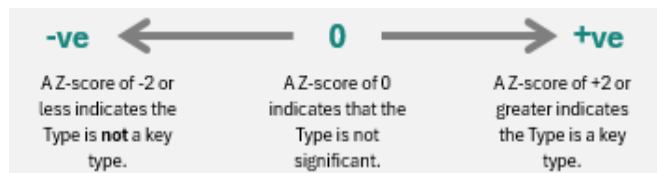
Wellbeing Acorn Group Description	Profile	%	Base	%	Penetration %	Z-Score	Index	0	100	200
1. Health Challenges	145	9.8	9,222	9.3	1.6	0.7	106			
2. At Risk	453	30.6	19,259	19.3	2.4	10.9	158			
3. Caution	666	44.9	39,948	40.1	1.7	3.8	112			
4. Healthy	210	14.2	30,859	31.0	0.7	-14.0	46			
Not Private Households	8	0.5	299	0.3	2.7	1.7	180			
Total	1,482		99,587		1.5					



Index:



Z Score:



The **At Risk** group in North Bexley is around 58% above the borough average, and the **Healthy** group is around 54% below the borough average.

Further Breakdown: Wellbeing Acorn Type

Key insights

In North Bexley, a higher proportion of population fall in the Health Challenges, At Risk and Caution groups. The top 3 highest Wellbeing Acorn types which have above average representation in these groups are:

- Everyday Excesses
- Respiratory Risks
- Anxious Adversity

Additional Information on each

Wellbeing Acorn Type can be found

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

Profile: North Bexley LCN 11/12/2024
London Borough of Bexley

Wellbeing Acorn Type Description	Profile	%	Base	%	Penetration %	Z-Score	Index	0	100	200
1. Health Challenges										
1.1 Limited Living	26	1.6	1,949	2.0	1.3	-1.1	81			
1.2 Poorly Pensioners	15	0.9	601	0.6	2.5	1.6	151			
1.3 Hardship Heartlands	71	4.3	3,382	3.4	2.1	2.1	127			
1.4 Elderly Ailments	33	2.0	3,062	3.1	1.1	-2.5	65			
1.5 Countryside Complacency	0	0.0	228	0.2	0.0	-1.9	0			
2. At Risk										
2.6 Dangerous Dependencies	1	0.1	59	0.1	1.7	0.0	103			
2.7 Struggling Smokers	49	3.0	2,003	2.0	2.4	2.8	148			
2.8 Despondent Diversity	11	0.7	519	0.5	2.1	0.8	128			
2.9 Everyday Excesses	168	10.2	6,023	6.0	2.8	7.1	169			
2.10 Respiratory Risks	6	0.4	148	0.1	4.1	2.3	245			
2.11 Anxious Adversity	98	6.0	3,568	3.6	2.7	5.2	166			
2.12 Perilous Futures	76	4.6	3,691	3.7	2.1	2.0	125			
2.13 Regular Revellers	44	2.7	3,248	3.3	1.4	-1.3	82			
3. Caution										
3.14 Rooted Routines	161	9.8	6,500	6.5	2.5	5.3	150			
3.15 Borderline Behaviours	354	21.5	21,977	22.1	1.6	-0.5	97			
3.16 Countryside Concerns	27	1.6	2,741	2.8	1.0	-2.8	60			
3.17 Everthing in Moderation	124	7.5	8,730	8.8	1.4	-1.8	86			
3.18 Cultural Concerns	0	0.0	0	0.0	0.0	0.0	0			
4. Healthy										
4.19 Relishing Retirement	2	0.1	1,033	1.0	0.2	-3.7	12			
4.20 Perky Pensioners	0	0.0	82	0.1	0.0	-1.2	0			
4.21 Sensible Seniors	0	0.0	74	0.1	0.0	-1.1	0			
4.22 Gym & Juices	18	1.1	945	0.9	1.9	0.6	115			
4.23 Happy Families	152	9.2	23,092	23.2	0.7	-13.4	40			
4.24 Five-A-Day Greys	13	0.8	955	1.0	1.4	-0.7	82			
4.25 Healthy, Wealthy & Wine	25	1.5	4,678	4.7	0.5	-6.1	32			
Not Private Households										
60 Active Communal Population	3	0.2	23	0.0	13.0	4.2	789			
61 Inactive Communal Population	5	0.3	276	0.3	1.8	0.2	110			
62 Business addresses without residential population	164	10.0	0	0.0	0.0	0.0	0			

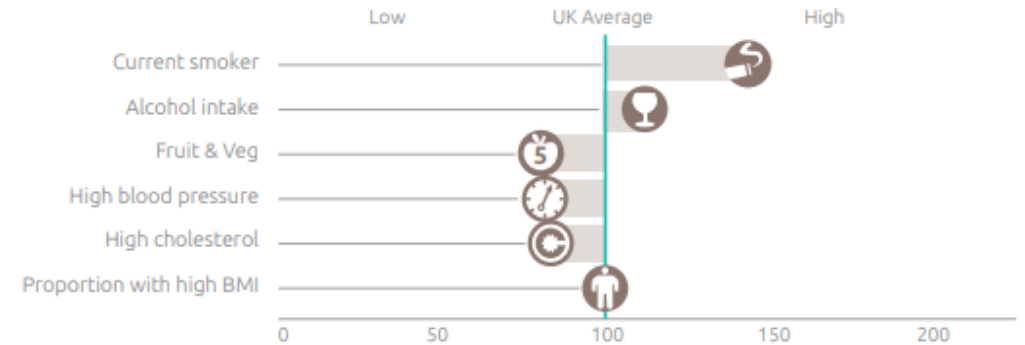
Wellbeing Acorn Types - Description

Everyday Excesses: People in this group often engage in unhealthy lifestyle habits, such as overeating, excessive alcohol consumption, and high stress levels. These habits contribute to a higher risk of developing health problems

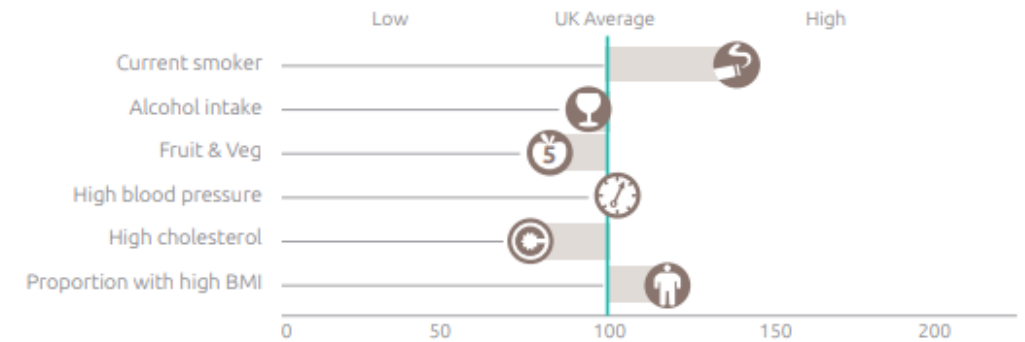
Respiratory Risk: This group is characterized by individuals who are at high risk for respiratory issues, often due to smoking, air pollution, or existing conditions like asthma. These risks can lead to long-term health complications.

Anxious Adversity: Individuals in this group face high levels of stress and anxiety, often linked to financial instability, job insecurity, or difficult living conditions. This anxiety can impact both mental and physical health.

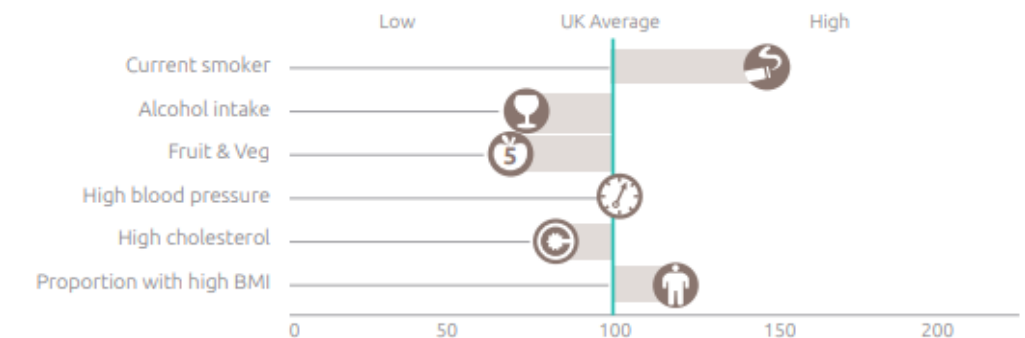
Everyday excesses



Respiratory risks



Anxious adversity



Overview: Health & Wellbeing

Key insights

- Issues such as Coronary Heart Disease, Chronic Bronchitis & Emphysema are about 4% above the base average for the borough.
- Around 22% have a BMI > 30 in this profile, which is around 7% above the base average.
- Approximately 10% felt downhearted/depressed in the past 4 weeks. This is 10% above the base average for the borough.

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

HEALTH (EVER DIAGNOSED WITH)

HEART & LUNGS



2%

Index: 104

Coronary heart disease



13%

Index: 103

Asthma



1%

Index: 104

Chronic bronchitis



0%

Index: 104

Emphysema



16%

Index: 102

Cholesterol (taking medication for)

OTHER



16%

Index: 99

High blood pressure



2%

Index: 102

Stroke



22%

Index: 107

BMI > 30



7%

Index: 105

Diabetes



2%

Index: 102

Any kind of liver condition

WELLBEING



5%

Index: 104

Has Depression



10%

Index: 110

Feels downhearted /
depressed in the past 4
weeks



23%

Index: 109

Poor general health



16%

Index: 104

Does not enjoy
general happiness



11%

Index: 107

Does not feel a
sense of self-worth

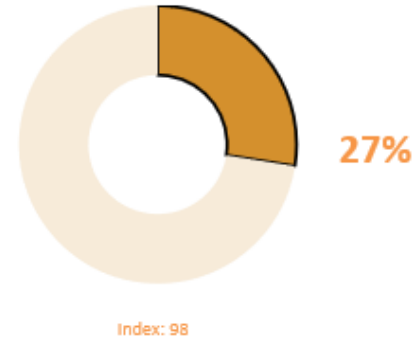
Overview: Behavioural risk factors

Key insights

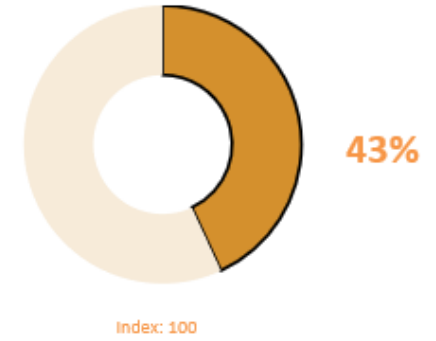
- Approximately 27% of women have >3 units of alcohol per day, and 43% of men have >4 units day. This seems to be in line with the base average for the borough.
- About 16% are likely to be current cigarette smokers. This is around 15% above the base average.
- 42% are likely to say they eat fruit 3 times or less per week which is around 8% above the base average.
- 41% never do moderate intensity sports, which is approximately 8% above the base average for the borough.

BEHAVIOURS

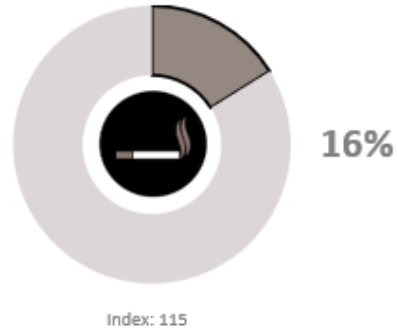
> 3 units per day (Women)



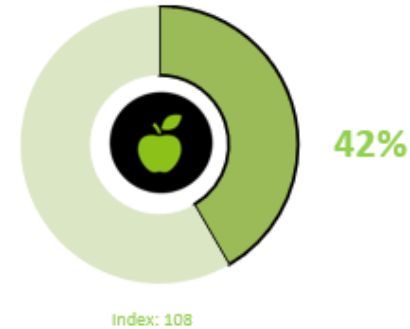
> 4 units per day (Men)



Current cigarette smoker



Eats fruit 3 or less days per week



Never does moderate intensity sports

