



# Air pollution is shortening lives

## Why is this important?

- Worldwide in 2015, 16% of premature deaths (deaths to under 75 years old) were attributed to air pollution; 3 times more than deaths from AIDS, tuberculosis and malaria combined and 15 times more than all wars and other forms of violence<sup>1</sup>.
- King's College London has estimated that air pollution shortens the lives of 9,400 people in 2010 in London<sup>2</sup>.
- Future threats to air quality through climate change include pesticides and natural toxins<sup>3</sup> as species migrate into new spaces.

## What's the situation in Enfield?

- In 2010 it is estimated that between 1,312 and 1,659 years of life were lost to human-made particulate matter of less than 2.5 microns (PM<sub>2.5</sub>)<sup>2</sup> in London.
- 5.4% of all mortality is attributable to air pollution<sup>4</sup>.
- 36.9% of the Enfield population live in areas scoring in the worst 20% on the Access to Healthy Assets and Hazards (AHAH) Index, which includes access to green spaces and exposure to the air pollutants NO<sub>2</sub>, PM<sub>10</sub>s and SO<sub>2</sub><sup>5</sup>.

## What can we learn from others?

- In Montreal emissions fell by 54% between 2008 and 2013. Measures to achieve this included expanding tree cover and the use of electric-hybrid vehicles.
- In Lisbon levels of particulate matter fell by 50% between 2008 and 2014 through increasing electrification of transport and encouraging the use of public rather than private transport.
- Vitoria-Gasteiz in the Basque Country, Spain reduced air pollution by 63% by creating a 'green belt' of some 33,000 plants and encouraging the use of public transport and cycling.

### Ambition for Enfield

To reduce emissions through changes to how we produce and consume fossil fuels: how we heat our buildings, power our transport and the greening of the environment so that our air quality is amongst the cleanest in London.

### Reference

1. The Lancet Commission on pollution and health. Lancet 2018: 391: 462-512.
2. Walton, H.; Dajnak, D.; Beevers, S.; Williams, M.; Watkiss, P.; Hunt, A. (2015) Understanding the Health Impacts of Air Pollution in London. King's College London.
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5. Public Health England. <https://fingertips.phe.org.uk/search/air#page/3/gid/1/pat/6/par/E12000007/ati/102/are/E09000002/iid/93074/age/1/sex/4>



# Climate change is the greatest threat to global health in the 21st century<sup>1</sup>

## Why is this important?

- The direct effects of rising temperatures include changes in the frequency and strength of storms, droughts and heatwaves<sup>2</sup>.
- Indirect effects include changes in crop yields, the burden and distribution of infectious disease and climate-induced population displacement and violent conflict<sup>3</sup>.
- Climate change is already estimated to cause 150,000 deaths annually worldwide<sup>4</sup>.

## What's the situation in Enfield?

- As Enfield's population ages so people will become increasingly vulnerable to extremes of heat and cold.
- Increasing temperatures may increase the likelihood of novel diseases appearing in Enfield.
- As strain upon ecosystems becomes greater so certain foods may become less available and more expensive.

## What can we learn from others?

- Portland, Oregon cut its carbon emissions by 14% between 1990 and 2013 through increasing efficiency in buildings, appliances and vehicles, shifting to renewable energy, increased walking, cycling and public transport, increased recycling and reducing methane emissions from land-fill<sup>5</sup>.
- Vancouver, Canada is aiming to reduce its carbon emissions to 33% below its 2007 levels by doubling the number of 'green jobs', all buildings built after 2020 are to be carbon neutral, 50% of journeys are to be by foot, cycle or public transport and by planting 150,000 trees<sup>6</sup>.
- Sonderberg, Denmark aims to be carbon neutral by 2029 by lowering energy consumption, renewable energy, green district heating, retro-fitting buildings and promoting electric cars<sup>7</sup>.
- Mitigation measures can include changes to building, flood defence systems, alternative water sources, monitoring of disease patterns, greening the environment, and use of public buildings as respite from excessive heat.

### Ambition for Enfield

To reduce emissions through changes to how we produce and consume fossil fuels: how we heat our buildings, power our transport and the greening of the environment so that our air quality is amongst the cleanest in in London.

### Reference

1. World Health Organization <http://www.who.int/globalchange/global-campaign/cop21/en/> Site accessed 15th March 2018.
2. Watts, N. et.al (2018) The Lancet Countdown on health and climate change: from 25 years of inaction to a global transformation for public health. Vol. 391, Issue 10120, 10-16 Feb, pp581-630.
3. Watts, N. et.al (2018) The Lancet Countdown on health and climate change: from 25 years of inaction to a global transformation for public health. Vol. 391, Issue 10120, 10-16 Feb, pp581-630.
4. World Health Organization <http://www.who.int/heli/risks/climate/climatechange/en/> Site accessed 15th March 2018
5. City of Portland and Multnomah County (2015) Climate action plan Summary. <https://www.portlandoregon.gov/bps/article/531994>
6. City of Vancouver. Greenest City 2020 Action Plan. Part 2: 2015-2020.
7. Sonderborg Municipality. Zerocarbon Roadmap. Masterplan for ZEROcarbon Sonderborg. [http://brightgreenbusiness.com/Files/Files/dokumenter/PRojectZero\\_english\\_Masterplan26-03-11.pdf](http://brightgreenbusiness.com/Files/Files/dokumenter/PRojectZero_english_Masterplan26-03-11.pdf)



# Planning policy is fundamental to health behaviour and a healthy environment

## Why is this important?

- Planning policy can affect everything from the supply of homes and building a strong economy to supporting communications and meeting the challenge of climate change. It is the bedrock upon which good health may be promoted and sustained<sup>1</sup>.

## What's the situation in Enfield?

- Enfield is a dynamic and growing borough. There are a number of Mayoral policies such as the Mayor's Transport Strategy and The London Plan which are likely to impact upon development within the borough if and when adopted.

## What can we learn from others?

- It was not until the 1970s that creating facilities for cyclists became an integral part of planning in the Netherlands. When it did both activists' and commercial posters stressed that cycling was for all the Dutch people (e.g. not just a sporting activity)<sup>2</sup>.

- Cities such as Portland in the US, Vancouver in Canada and Sonderberg in Denmark have made active choices to reduce their carbon footprints in order to reduce or avoid the impact of climate change<sup>3,4,5</sup>.
- If adopted The London Plan will shape the lives of people living and working in London for years to come<sup>6</sup>.
- A 'Healthy streets' approach can help reduce motorised traffic and air pollution, increase physical activity and social cohesion through active travel whilst increasing opportunities for independent travel in young people<sup>7</sup>.
- The planning process may be used, for example, to limit the number of fast food restaurants in proximity to schools<sup>8</sup>.

## Ambition for Enfield

That improving health is considered in all that we do in the borough.

## Reference

1. Ministry of Housing, Communities and Local Government (2018) National Planning Policy Framework Draft text for consultation. [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/685289/Draft\\_revised\\_National\\_Planning\\_Policy\\_Framework.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/685289/Draft_revised_National_Planning_Policy_Framework.pdf)
2. Stoffers, M. (2012) Cycling as heritage Representing the history of cycling in the Netherlands. The Journal Of Transport History, Volume 33, No 1.
3. City of Portland and Multnomah County (2015) Climate action plan Summary. <https://www.portlandoregon.gov/bps/article/531994>
4. City of Vancouver. Greenest City 2020 Action Plan. Part 2: 2015-2020.
5. Sonderborg Municipality. Zerocarbon Roadmap. Masterplan for ZEROcarbon Sonderborg. [http://brightgreenbusiness.com/Files/Files/dokumenter/PRojectZero\\_english\\_Masterplan26-03-11.pdf](http://brightgreenbusiness.com/Files/Files/dokumenter/PRojectZero_english_Masterplan26-03-11.pdf)
6. Mayor of London (2017) The London Plan. The spatial development strategy for Greater London. Draft for consultation.
7. <https://www.transportxtra.com/publications/local-transport-today/news/54072/active-travel-is-best-hope-for-tackling-huge-burden-of-disease->
8. Public Health England (2014) Obesity and the environment: regulating the growth of fast food outlets



# A street that works for people is a street that is good for health

## Why is this important?

'Healthy Streets' is a concept that includes indicators of what matters on all streets for everyone, everywhere. These include<sup>1</sup>:

- Everyone feels welcome
- People choose to walk and cycle
- People feel relaxed
- Roads are easy to cross
- Clean air
- Not too noisy
- Places to stop and rest
- People feel safe
- Things to see and do
- Shade and shelter

## What's the situation in Enfield?

Enfield, in common with many places, has what may be considered to be an 'obesogenic environment' i.e. one where highly calorific food is constantly available and physical activity has been progressively excluded from modern life. In Enfield some 25% of children aged 4-5 are overweight or obese, and in those aged 10-11 this rises to 40%. In the adult population the figure is 61.4%.

## What can we learn from others?

There are a number of examples where the concept of healthy streets is evident either historically (many market towns for example helped facilitate commerce by developing in a people-friendly way) or through urban design. Van Gogh Walk in Southwark has been transformed from an everyday street to one which is much more pedestrian friendly<sup>2</sup>. Transport for London (TfL) has produced a guide to questions that might be asked to help ensure that streets are developed in such a way<sup>3</sup>.

### Ambition for Enfield

For every street in Enfield to become a 'healthy street'.

### Reference

1. <https://healthystreets.com/home/about/> Site accessed 19th March 2018.
2. <http://www.atelierworks.co.uk/wayfinding/van-gogh-walk.php> Site accessed 19th March 2018.
3. Transport for London (2017) Guide to the Healthy Streets Indicators. Delivering the healthy streets approach.





Air



Water



Nourishment



Light



Fitness



Comfort



Mind

## Buildings need to encourage healthy lifestyles as far as possible

### Why is this important?

- Approximately 90% of our time is spent indoors<sup>1</sup>.
- It is estimated that there are between 2.9 and 4.3 million deaths per year resulting from poor quality household air<sup>2</sup>.
- Restricting or charging for car-parking is effective in reducing commuter car journeys<sup>3</sup>.

### What's the situation in Enfield?

- Indoor pollutants include radon, mould spores, Volatile Organic Compounds (VOCs), carbon dioxide, particulates, carbon monoxide, carbon dioxide and cigarette smoke<sup>4</sup>.
- 96% of homes have at least one indoor air quality problem<sup>5</sup>.
- Residence on the 4th floor of a building or higher is associated with a lower BMI than residence on the first floor in buildings without lifts<sup>6</sup>.

## What can we learn from others?

- The UK Government has produced checklists for improving health through the home<sup>7</sup>.
- The UK Green Building Council has produce practical guidance on how to deliver healthy buildings<sup>8</sup>.
- Retirement villages may provide older people the means and support to live longer and healthier lives<sup>9</sup>.

### Ambition for Enfield

For all buildings, to consider indoor air pollution, their internal use and their access.

## Reference

1. University of York. <https://www.york.ac.uk/environment/postgraduate/msc-dip-environmental-science-and-management/indoor-pollution/> Site accessed 15th March 2018.
2. The Lancet Commission on pollution and health. Landrigan PJ et al. Published Online October 19, 2017; [http://dx.doi.org/10.1016/S0140-6736\(17\)32345-0](http://dx.doi.org/10.1016/S0140-6736(17)32345-0)
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7. <https://www.gov.uk/government/publications/improving-health-through-the-home-a-checklist-for-local-plans-and-policies> Site accessed 16th March 2018
8. <https://www.ukgbc.org/sites/default/files/How%20to%20deliver%20Healthy%20Buildings.pdf>
9. <https://www.jrf.org.uk/report/making-case-retirement-villages> Site accessed 16th March 2018.



# Walking is a simple health behaviour accessible to nearly everyone that could reduce rates of chronic disease

## Why is this important?

- A lack of physical activity is associated with an increased risk of all-cause cardiorespiratory health, metabolic health including Type 2 diabetes, muscle mass and function, breast and colon cancer and poor mental health including depression and cognitive decline<sup>1</sup>.
- Walking is one of the most accessible forms of physical activity and can be undertaken by most people.

## What's the situation in Enfield?

- National self-reported data indicates that 34% of males and 44% of females do not meet the national physical activity guidelines of 150 minutes moderate intensity activity per week<sup>2</sup>.
- Objective data taken from accelerometers however indicates that it may be that less than 5% of the population meets these guidelines<sup>3</sup>.

- Around 70% of the NHS budget is spent on long-term conditions<sup>4</sup>. 20-40% of these conditions could be either prevented or ameliorated through meeting physical activity guidelines<sup>5</sup> including diabetes which costs over £25,000 per minute<sup>6</sup>.

## What can we learn from others?

- Environmental change can encourage those who are less active to walk for transport purposes as well as encouraging those who are already active to walk more<sup>7</sup>.
- If increased walking is associated with a modal transport shift away from motorised transport this is likely to have population level health benefits in terms of decreased air pollution, noise and transport risk as well as individual level benefits<sup>8</sup>.

## Ambition for Enfield

For walking to become a normal and expected form of everyday travel.

## Reference

1. Department of Health (2011) Start Active, Stay Active. A report on physical activity for health from the four home countries' Chief Medical Officers.
2. Craig, R. and Mindell, J. (2014). Health Survey for England 2012: Health, social care and lifestyles. Volume 1.
3. Craig, R. and Mindell, J. (2009). Health Survey for England 2008: Physical Activity and Fitness.
4. NHS, 2014. Five year forward view.
5. Department of Health (2011) Start Active, Stay Active. A report on physical activity for health from the four home countries' Chief Medical Officers.
6. <https://www.diabetes.co.uk/cost-of-diabetes.html> Site accessed 19th March 2018.
7. Panter, J. and Ogilvie, D. on behalf of the iConnect consortium (2017) Can environmental improvement change the population distribution of walking? J Epidemiol Community Health;71:528-535.
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# Cycling is a cheap, accessible and effective means of making physical activity part of everyday life

## Why is this important?

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- Cycling is one of the most accessible forms of physical activity and can be undertaken by most people.

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- Around 70% of the NHS budget is spent on long-term conditions<sup>4</sup>. 20-40% of these conditions could be either prevented or ameliorated through meeting physical activity guidelines<sup>5</sup> including diabetes which costs the over £25,000 per minute<sup>6</sup>.
- The British Medical Association (BMA) states that 5 miles as the distance a person 'can easily cover'<sup>7</sup>. This means that the majority of journeys in Enfield could be cycled. Those who cycle for non-sporting purposes are 4 times more likely to meet physical activity guidelines than those who do not<sup>8</sup>.

## What can we learn from others?

- Contrary to popular belief it was not until the 1970s that creating facilities for cyclists became an integral part of urban planning in the Netherlands. Here cycling was always promoted for 'all Dutch'<sup>9</sup>.
- Similarly, in Copenhagen where 50% of residents cycle everyday,<sup>10</sup> cycling is promoted as a normal everyday means of transport.

## Ambition for Enfield

For cycling to become normal and expected form of every day travel.

## Reference

1. Department of Health (2011) Start Active, Stay Active. A report on physical activity for health from the four home countries' Chief Medical Officers.
2. Craig, R. and Mindell, J. (2014). Health Survey for England 2012: Health, social care and lifestyles. Volume 1.
3. Craig, R. and Mindell, J. (2009). Health Survey for England 2008: Physical Activity and Fitness.
4. NHS, 2014. Five year forward view.
5. Department of Health (2011) Start Active, Stay Active. A report on physical activity for health from the four home countries' Chief Medical Officers.
6. <https://www.diabetes.co.uk/cost-of-diabetes.html> Site accessed 19th March 2018.
7. British Medical Association (2010) Health Transport = Healthy Lives.
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9. Stoffers, M. (2012) Cycling as heritage. Representing the history of cycling in the Netherlands. Journal of Transport History. Vol.33 (1). Pp.92-114.
10. <http://denmark.dk/en/green-living/bicycle-culture/copenhagensers-love-their-bikes/> Site accessed 19th March 2018.



# Independent travel improves health

## Why is this important?

- Reduced independent travel in children may lower self-esteem, impact on spatial skills, decrease children's opportunities to learn about their neighbourhood and contribute to negative environmental impacts by increasing guardian motor vehicle use<sup>1</sup>.
- The number of children undertaking sufficient physical activity for healthy development and maintaining a healthy weight drops by 40% as they move through primary school<sup>2</sup>.
- Physical activity has also been associated with improved both educational attainment<sup>3</sup> and mental health<sup>4</sup>.
- 56% of 11-16 year olds are usually accompanied to school by an adult<sup>5</sup>. This compares to 1970 when 94% of 10 and 11 year olds were allowed to walk to school unaccompanied by an adult<sup>6</sup>.

## What's the situation in Enfield?

- In Enfield 25.1% of reception year pupils (aged 4-5) were either overweight or obese in 2016/17 (academic year). This compares to 22.3% in London and 22.6% in England<sup>7</sup>.
- In Enfield 40.7% of Year 6 pupils (aged 10-11) were either overweight or obese in 2016/17 (academic year). This compares to 38.6% in London and 34.2% in England<sup>8</sup>.

## What can we learn from others?

- A number of studies have highlighted that the urban form can influence whether children walk to school<sup>9</sup>.
- In Germany in 2010 76% of primary school children travel home from school alone<sup>10</sup>.

### Ambition for Enfield

For levels of independent travel in Enfield to rival those of Germany.

## Reference

1. Villanueva, K. et.al (2013) Where do Children Travel to and What Local Opportunities Are Available? The Relationship Between Neighborhood Destinations and Children's Independent Mobility, Environment and behavior, vol. 45, no. 6, pp. 679-705.
2. <https://www.gov.uk/government/news/number-of-children-getting-enough-physical-activity-drops-by-40>  
Site accessed 16th March 2018
3. Bailey, R. (2017) Sport, physical activity and educational achievement – towards an explanatory model. Sport in Society Vol. 20. Issue 7. Pp.768-788.
4. Biddle S, Gorely T, Stensel D: Health-enhancing physical activity and sedentary behaviour in children and adolescents. Journal of Sports Sciences. 2004, 22: 679-701.
5. Dept. for Transport (2017) National Travel Survey: England 2016.
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7. LB Enfield Public Health (2018) Briefing: National Childhood Measurement Programme 2016/17.
8. LB Enfield Public Health (2018) Briefing: National Childhood Measurement Programme 2016/17.
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## Play is important, but the amount of time children spend playing has declined

### Why is this important?

- “Access to active play in nature and outdoors—with its risks— is essential for healthy child development. We recommend increasing children’s opportunities for self-directed play outdoors in all settings—at home, at school, in child care, the community and nature.”<sup>1</sup>
- Playing is not only fun, it is also the best way for children to learn and practice the skills they will need as they grow up<sup>2</sup>.
- Over the past half century children’s free play with other children has declined sharply. This has been accompanied by increased anxiety, suicide, depression, feelings of helplessness and narcissism in children and young adults.

### What’s the situation in Enfield?

- Article 31 of the United Nations Convention on the Rights of the Child states; “That every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts.”<sup>3</sup>

- Play improves self-awareness, self-esteem, and self-respect, promotes imagination, independence and creativity, offers opportunities for children of all abilities and backgrounds to play together and builds resilience through risk taking and challenge, problem solving, and dealing with new and novel situations<sup>4</sup>.
- Children playing together offers opportunities for social interaction for the wider community and supports the development of a greater sense of community spirit, promoting social cohesion<sup>5</sup>.
- Families benefit from healthier, happier children<sup>6</sup>.

## What can we learn from others?

- 'Play England' has produced guidance on how play can be designed into urban development; 'Making Space for Play'<sup>7</sup>.
- Dutch children are the happiest in the world<sup>8</sup> and enjoy considerable freedom compared to their UK peers<sup>9</sup>.

## Ambition for Enfield

More play and more independent play, more often.

## Reference

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2. <https://www.nhs.uk/conditions/pregnancy-and-baby/why-play-is-important/> Site accessed 15th March 2018
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# Obesity is about poverty and cheap food, not laziness

## Why is this important?

Obesity is associated with some 37 health conditions including coronary heart disease, stroke, some cancers, and type 2 diabetes, as well as disease risk factors such as hypertension and high cholesterol. There is also evidence linking obesity with osteoarthritis, gallstones, asthma, depression and sleep disorders<sup>1</sup>. Obesity and overweight are the second most important causes of cancer after smoking<sup>2</sup>. It is estimated that some 22,800 cases of cancer are caused each year by overweight/obesity<sup>3</sup>.

Consuming too much food and drink high in sugar, fat and calories is a major contributor to the obesity epidemic, and generally speaking, the more deprived people are, the worse their diet. Our food environment - the physical and social surroundings that influence what we eat – makes it far harder to choose healthy foods, and all too easy to choose unhealthy foods<sup>4</sup>.

## What's the situation in Enfield?

Enfield, in common with many places, has what may be regarded as an 'obesogenic environment' i.e. one where highly calorific food is constantly available and where physical activity is being progressively eliminated from modern life. In Enfield some 25% of children aged 4-5 are overweight or obese, in those aged 10-11 this rises to 40%; and in the adult population it is 61.4%. It is estimated that 42.6% of the adult population in Enfield does not follow the national guideline of eating 5 pieces of fruit or vegetable a day<sup>5</sup>.

Enfield has one of the highest prevalence of Type 2 diabetes in London. Across the country diabetes costs the NHS around £25,000 per minute<sup>6</sup>.

## What can we learn from elsewhere?

To have a significant impact on obesity levels and to help local people to achieve healthier diets, everybody needs to get involved<sup>7</sup>. Enfield Council has recently signed the Declaration on Sugar Reduction and Healthier Food<sup>8</sup>, which seeks to integrate and co-ordinate policies as part of taking a whole-systems approach to achieving healthier diets. The Sustainable Food Cities approach brings together the public sector, civil society, businesses and community members to work together to create a healthier and more sustainable food system, while tackling food poverty and access to healthy food.

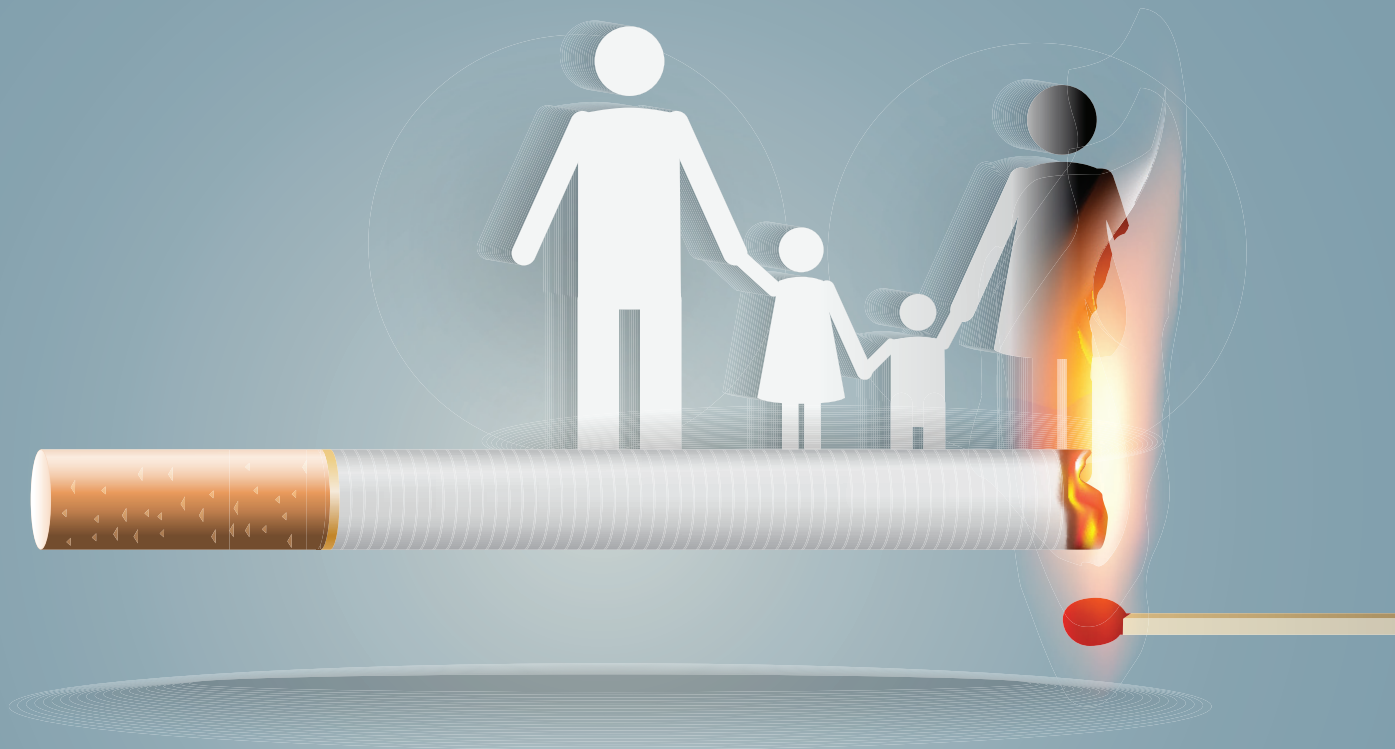
In Amsterdam the application of a whole systems approach has seen a 12% fall in childhood obesity<sup>9</sup>.

## Ambition for Enfield

For everyone in Enfield to have access to nutritious, affordable food, and achieve a healthy weight.

## Reference

1. Patterson, R.E. et.al (2004) A comprehensive examination of health conditions associated with obesity in older adults. American Journal of Preventative Medicine. Vol. 27, Issue 5, pp.385-390. <https://doi.org/10.1016/j.amepre.2004.08.001>
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6. Diabetes UK. <http://www.diabetes.co.uk/cost-of-diabetes.html> Site accessed 28th March 2018.
7. <https://www.local.gov.uk/making-obesity-everybodys-business-whole-systems-approach-obesity> Site accessed 28th March 2018.
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# There is only one message about smoking – don't!

## Why is this important?

- Smoking is still the greatest cause of premature mortality in the country causing 78,000 premature deaths every year in England alone<sup>1</sup>.
- Smoking causes more premature deaths than the next six largest causes put together (obesity, alcohol, suicide, road traffic deaths, HIV and illegal drugs)<sup>2</sup>.
- Smoking is also responsible for half the difference in life-expectancy between the lowest and highest income groups<sup>3</sup>.
- Smoking also impacts severely on quality of life; smokers are much more likely to have a long-term condition such as chronic obstructive pulmonary disease (COPD), asthma, heart disease, stroke, diabetes<sup>4</sup>.
- 47% of people treated in hospital are smokers or ex-smokers<sup>5</sup>.

## What's the situation in Enfield?

- 13.1% of people aged 18+ in Enfield are smokers. This compares favourably with the London (15.2%) and England (15.2%) averages<sup>6</sup> but still represents over 30,000 smokers.

## What can we learn from others?

- The greatest gain from smoking is ensuring that people do not start. Children of parents who smoke are twice as likely to smoke as children of non-smokers<sup>7</sup>.
- There is increasing evidence that e-cigarettes could be contributing to at least 22,000 people stopping smoking in 2014<sup>8</sup> and that e-cigarettes are some 95% less harmful than tobacco cigarettes<sup>9</sup>.

### Ambition for Enfield

To become a smoke-free borough by 2030 (i.e. to have a smoking prevalence of 5% or less).

### Reference

1. Statistics on smoking: England, 2016 Health and Social Care Information Centre, 2016.
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# Loneliness isn't just about feeling alone

## Why is this important?

- It is recognised that loneliness can lead to greater demands on public services as people who feel isolated seek from professionals the support that they might otherwise find from friends, family and neighbours.
- A study in 2013 found that 89% of polled GPs saw patients every day whose main reason for seeing their doctor was loneliness. Three quarters of those doctors stated they were seeing between six and ten lonely patients a day<sup>1</sup>.
- Loneliness, along with other social and environmental factors, can have a direct and adverse effect upon both psychological and physical health. Evidence suggests a 50% increased risk of coronary heart disease among those who are socially isolated and/or lonely<sup>2</sup>. The overall effect of loneliness and isolation on mortality is much the same as smoking and obesity<sup>3</sup>.
- Social isolation is a health inequalities issue because many of the associated risk factors, for example being unemployed, being a carer, or being physically unwell are more prevalent among socially disadvantaged groups<sup>4</sup>.
- The UK Government regards this with sufficient seriousness to have appointed a responsible Minister<sup>5</sup>.

## What's the situation in Enfield?

- No less than one in ten households (10.8%) in Enfield are single occupied households. That is 33,359 dwellings. Of these 12,108 households are for persons aged 65 years and older.
- 6.1% of Enfield's working population are unemployed (10,000 people) and around 1,000 people (4.7% of working age population) in Enfield are unemployed for more than 12 months.
- Over 6,000 people in Enfield reported that they provide substantial (50+ hours in a week) unpaid care. That's 1.98% of our total population<sup>6</sup>.

## What can we learn from others?

- Evidence shows that social relationships and, in particular, adequate social networks (in terms of quality and quantity) can promote health through a number of potential pathways, including providing individuals with a sense of belonging and identity.
- Providing support by increasing knowledge about how to access services and providing social support that enables individuals to cope with stressors such as pressures at school or work, redundancy, retirement or the death of a close relative<sup>7</sup>.

### Ambition for Enfield

To reduce social isolation through improving community cohesion and through enhancing the physical environment, such as through a 'healthy streets' approach.

### Reference

1. [www.campaigntoendloneliness.org/blog/lonely-visits-to-the-gp](http://www.campaigntoendloneliness.org/blog/lonely-visits-to-the-gp)
2. Local action on health inequalities: Reducing social isolation across the lifecourse, PHE and UCL 2015, p.9
3. Holt-Lunstad 2010
4. Local action on health inequalities: Reducing social isolation across the lifecourse, PHE and UCL 2015, p.10
5. <http://www.bbc.co.uk/news/uk-42708507>
6. ONS 2011
7. Local action on health inequalities: Reducing social isolation across the lifecourse, PHE and UCL 2015, p.12





## Anxiety can make you physically unwell, but preventing that is a state of mind

### Why is this important?

- Anxiety is a feeling of unease, worry or fear. Everyone gets a little anxious at some point and some anxiety may serve to keep you alert prior to an important event.
- But for some people it can become a significant problem. Too much anxiety can make you tired and unable to concentrate.
- Anxiety can produce significant physical symptoms as well<sup>1</sup>. And these may be serious enough to provoke life-limiting and even life-threatening conditions<sup>2</sup>.
- Some simple awareness techniques – which may be referred to as “Mindfulness” can offer practical help.

### What’s the situation in Enfield?

- Anxiety disorders cost the NHS around £53.4 million a year in Enfield<sup>3</sup>. It is estimated that over 11% of ‘looked after children’ (LAC) in Enfield have some form of anxiety disorder<sup>4</sup>.
- The estimated prevalence of generalised anxiety disorders in the 16-74 age range in Enfield is 5%, which equates to over 11,000 people dealing with anxiety locally<sup>5</sup>.

- It tends to be the less affluent parts of any borough which are most affected<sup>6,7</sup>.
- We should note however that Enfield has the lowest rate of deaths due to suicides and undetermined injuries in the country.

## What can we learn from others?

'Mindfulness' is more than you might think. It's about an awareness and insight into both yourself and your feelings and thoughts and your physical state and the environment around you. It can positively change the way you approach life and its inevitable challenges. Mindfulness is referenced in NHS Choice website<sup>8</sup>.

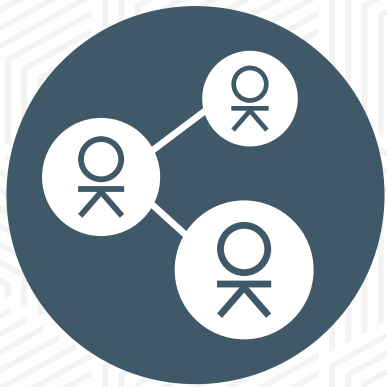
Mental Health Foundation's website has online courses on Mindfulness<sup>9</sup>. (<https://bemindful.co.uk/>).

## Ambition for Enfield

To maintain the lowest rates of suicide and injuries of undetermined intent in the country.

## Reference

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3. JSNA
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6. Marmot et al 2010. Campion J.
7. Enfield Mental Needs Assessment 2016
8. <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



Connect



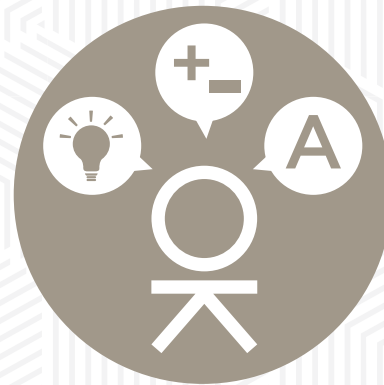
Be active



Keep learning



Give to others



Be mindful

## Emotional wellbeing is something you “do”, not something you “are”

### Why is this important?

- Sarah Stewart-Brown, Professor of Public Health at the University Warwick says that, “Feeling happy is a part of [emotional and] mental wellbeing. But it is far from the whole. Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult. But it does mean that you feel you have the resilience to cope when times are tougher than usual.”<sup>1</sup>
- And resilience is a key concern.

### What’s the situation in Enfield?

- There are a number of indicators suggesting that emotional and mental health resilience [particularly but not exclusively among younger people] in Enfield is not as good as it can be.
- This is contributing to a concerning increase in the number of referrals to all of our mental health services in the borough, but significantly so to CAMHS.<sup>2</sup>

## 5-ways to wellbeing

There are five simple actions, which have been shown to help increase our emotional health and wellbeing:

1. **Connect** – with the people around you: your family, friends, colleagues and neighbours. You can learn much more by going to: “Connect for mental wellbeing” on the NHS Choices website.<sup>3</sup>
2. **Be active** – This doesn’t mean you have to look fantastic in Lycra at the gym! Go walking! Cycling! Play football! Just find an activity that you enjoy and make it part of your activities of daily living.<sup>4</sup>
3. **Keep learning** – Learning new skills and increasing your knowledge not only gives a sense of pride, accomplishment and confidence, but also helps ward off a range of significant mental and physical conditions. There is plenty of information around this on the NHS Choices website.<sup>5</sup>
4. **Give to others** – even the smallest act can count, whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.<sup>6</sup>
5. **Be mindful** – Mindfulness is about an awareness and insight into both yourself and your feelings and thoughts and your physical state and the environment around you. It can positively change the way you approach life and its inevitable challenges.<sup>7</sup>

## Ambition for Enfield

To maintain the lowest rates of suicide and injuries of undetermined intent in the country.

## Reference

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2. <http://www.enfieldccg.nhs.uk/Downloads/Final%20CAMHS%20Strategy%202015%20-2020%20for%20the%20website.pdf>
3. <https://www.nhs.uk/conditions/stress-anxiety-depression/connect-for-mental-wellbeing/>
4. <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-benefits-of-exercise/>
5. <https://www.nhs.uk/conditions/stress-anxiety-depression/learn-for-mental-wellbeing/>
6. <https://www.nhs.uk/conditions/stress-anxiety-depression/give-for-mental-wellbeing/>
7. <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



# The health of mothers and their children go together

## Why is this important?

Maternal health begins before pregnancy and continues after childbirth. Healthy maternity leads to healthy babies.

## What's the situation in Enfield?

- Low-birth-weight term babies (3.3%) in Enfield is higher than the England average (2.8%).
- Low-birth weight is associated with increased mortality, morbidity, disability, and has negative implications extending into adult life<sup>1</sup>.
- Although breast-feeding initiation is higher than the national average, worryingly this may be declining.

## What can we learn from others?

- Prevalence of low-birth weight varies by country, indicating that social and medical interventions can be effective in improving the mother's and child's health<sup>2</sup>.

- Intensive support programmes such as the Family Nurse Partnership (FNP) have been shown to improve the health of the mother and child<sup>3</sup>. Support can include family planning, antenatal care, antenatal screening, nutritional support (folic acid), immunisation, breast feeding support, support not to smoke and other person-centred care.

## Ambition for Enfield

For all mothers and babies to be healthy and to be supported to be so if needed.

## Reference

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## Giving every child the best start in life



**A loving, secure and reliable relationship with a parent or carer supports a child's:**



**emotional wellbeing**



**brain development**



**language development and ability to learn**



**capacity to form and maintain positive relationships with others**

# Let's give every child in Enfield the best start in life

## Why is this important?

- Children born to lower socio-economic backgrounds do not have the same opportunities for development or life chances as their more affluent peers.
- Those with a high cognitive score are over-taken by those with a lower cognitive score by the age of 22 months (cited in Marmot (2010)<sup>1</sup>).
- What happens in early childhood impacts on physical and emotional health all the way through to adulthood.

## What's the situation in Enfield?

- Over half of Enfield wards fall within the most deprived 25% in England.
- Both A&E attendances (1,213.7 attendances/1,000 population) and emergency admissions (584.4 admissions/1,000 population) of infants are higher than the England averages (798.6/1,000 and 357.7/1,000 respectively).
- Although improving, Enfield's rate of school readiness (the percentage of children achieving a good level of development at the end of reception:68%) is still significantly below national average (71%).

## What can we learn from others?

- The Preparing for Life programme in Ireland showed that positive parenting and health-visiting improved a baby's cognition<sup>2</sup>.
- Targeted interventions towards the areas of deprivation (proportionate universalism) has been shown to reduce the gap between the more deprived and affluent<sup>3</sup>.

## Ambition for Enfield

For every child in Enfield to have the best start in life and the inequalities gap to reduce.

## Reference

1. Marmot M, Allen J, Goldblatt P et al (2010) Fair society, healthy lives: strategic review of health inequalities in England post 2010. London: Marmot Review Team.
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## Good parenting is perhaps the most fundamental determinant of a child's health

### Why is this important?

- Parents and guardians have a fundamental role and impact in a child's health and development<sup>1,2</sup>.
- Positive parenting has been associated with children's physical health and wellbeing through good nutrition, active lifestyles and resilience<sup>3,4,5,6</sup>.
- Alternatively, poor parenting i.e. a lack of supervision and / or inconsistent, or inappropriate discipline can result in severely disordered emotional and social development, personality disorder, conduct disorder (the most common childhood disability), criminality, delinquency and violence<sup>7,8,9</sup>.

### What's the situation in Enfield?

- Although improving, Enfield's rate of school readiness (the percentage of children achieving a good level of development at the end of reception) is still significantly below the national average.

## What can we learn from others?

- Proportionate universalism indicates that both population and targeted interventions are necessary<sup>10,11,12</sup>.
- Intensive intervention such as the Family Nurse Partnership (FNP) has been showing to have positive impact on both parenting and children's lives.
- In Denmark, far greater family support is provided to all parents than in the UK.
- In Scandinavian countries, it is increasingly common for fathers to take paternity leave of similar duration to maternity leave.

### Ambition for Enfield

For all children and parents / guardians in Enfield to have a happy and positive experience of parenting.

### Reference

1. Faculty of Public Health. Parenting and Public Health.
2. Bavolek, S.J. (1990). Research and Validation Report of the Adult Adolescent Parenting Inventory. Park City, UT: Family Development Resources, Inc.
3. Rhee K. Childhood overweight and the relationship between parent behaviors, parenting style, and family functioning. *Ann Am Acad Polit Soc Sci* 2008;615:12–37. doi:10.1177/0002716207308400
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A healthy school is a school that provides an environment and culture that helps their pupils grow up to be healthy, happy and ready to learn with good aspirations

#### Why this is an Enfield issue?

- There are some 70 primary<sup>1</sup> and 22 secondary<sup>2</sup> schools in Enfield.
- In England all local authority maintained schools must open for 190 days each school year<sup>3</sup>.
- Schools may therefore have a substantial impact on young people's health.
- The London Healthy Schools programme has been evaluated as a highly successful mechanism for engaging schools in creating a healthier environment for children and young people<sup>4</sup>.

## What can we learn from others?

The London Healthy Schools programme supports boroughs in their work with schools and provides a framework for schools to address health and wellbeing issues. There are three levels of Healthy Schools award: Bronze, Silver and Gold. The tiered structure of the award is designed to help schools progressively build on their policies and practice over a period of time.

An evaluation of the National Healthy Schools Programme showed the following tangible outcomes<sup>5</sup>

- Increased participation in physical activity in and out of school
- Improved links between schools and communities that promote physical activity
- Increased school meal uptake including free school meals
- Improved access to healthy packed lunches and snacks throughout the school day.

There is strong evidence that regular physical activity is associated with numerous health benefits for children<sup>6</sup>. Every primary school child should get at least 60 minutes of moderate to vigorous physical activity a day, and at least 30 minutes should be delivered in school every day<sup>7</sup>. The Daily Mile initiative encourages primary school children to run for 15 minutes every day, and has measurable positive health outcomes in physical activity, sedentary behaviour, fitness and body composition of primary school children<sup>8</sup>.

### Ambition for Enfield

- All Enfield schools to be engaged in the London Healthy Schools programme, achieving at least Bronze accreditation.
- Every primary school in Enfield to run the Daily Mile via the London Healthy Schools programme.

### Reference

1. [https://www.enfield.gov.uk/site/custom\\_scripts/schoolsdirectory/directory\\_category.php?directoryCategoryID=161](https://www.enfield.gov.uk/site/custom_scripts/schoolsdirectory/directory_category.php?directoryCategoryID=161) Site accessed 3rd April 2018
2. [https://www.enfield.gov.uk/site/custom\\_scripts/schoolsdirectory/directory\\_category.php?directoryCategoryID=162](https://www.enfield.gov.uk/site/custom_scripts/schoolsdirectory/directory_category.php?directoryCategoryID=162) Site accessed 3rd April 2018
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## Work is good for you and some workplaces are healthier than others

### Why is this important?

- Work is good for health; those who are unemployed for more than 12 weeks continuously are between 4 times and 10 times more likely to experience depression and anxiety<sup>1</sup>.
- There were an estimated 31.2 million working days lost due to sickness or injury in the UK in 2016<sup>2</sup>. The most common reasons were minor illnesses (coughs and colds) followed by musculo-skeletal problems (back pain, neck and upper limb problems)<sup>3</sup>.
- Many of these could be avoided.

### What's the situation in Enfield?

- Enfield has a working-age population of more than 213,000<sup>4</sup>.
- Promoting a culture that improves the health and wellbeing of employees is good management and leads to healthy and productive workplaces<sup>5</sup>.

## What can we learn from others?

- NICE recommends that improving health in the workplace needs commitment from senior management and commitment throughout the organisation.
- Action is needed on the work environment, equality and engagement, senior leadership, the role and leadership style of line-managers and in job design.
- All this needs robust monitoring and evaluation<sup>6</sup>.

### Ambition for Enfield

Enfield employers to embrace the Workplace Health Charter<sup>7</sup> (outline of how healthy workplace might be achieved) and take steps throughout their organisations to tackle poor health and improve wellbeing in their employees.

### Reference

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5. <https://www.nice.org.uk/guidance/ph19> Site accessed 3rd April 2018.
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7. <https://www.london.gov.uk/what-we-do/health/healthy-workplace-charter>



# Keeping strong in older age is important for health, quality of life and independence

## Why is this important?

- People experience a loss of muscle mass estimated at 8% per decade from the age of 40 until age 70 and then 15% from the age of 70<sup>1</sup>.
- Poor physical performance is a significant predictor of falls, functional status<sup>2</sup>, nursing home admission, depression, hospitalisation and mortality<sup>3</sup>.
- A loss of muscle mass has been found to predict a loss of independence for daily life activities in elderly men and women<sup>4</sup>.

## What's the situation in Enfield?

- In common with many areas, Enfield has an ageing population. However much of the functional loss, ill-health and disability associated with ageing is not inevitable and therefore modifiable.
- In the US it is estimated that the health-care costs of muscle-loss are greater than those associated with osteoporotic fractures<sup>5</sup>.

## What can we learn from others?

- There is good evidence that exercise-related interventions such as resistance exercise training, gait balance, coordination and functional training are effective in improving physical functioning in older people. Positive effects have been found in reducing the rate and risk of falls and improving balance in older people<sup>6</sup>.
- Walking and cycling are physical activities that are regarded as both protective of and useful to those who may have experienced muscle loss<sup>7</sup>. In the Netherlands 24% of journeys by those aged 65+ are by bicycle<sup>8</sup>.

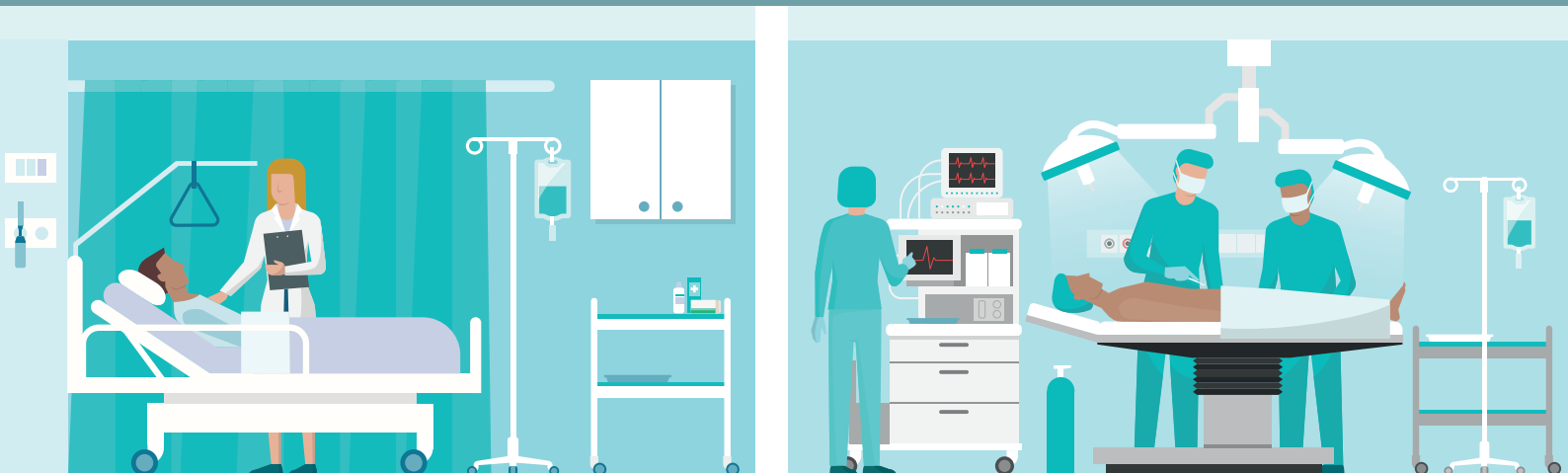
### Ambition for Enfield

**That all people aged 65+ meet the physical activity guidelines of 150 minutes a week moderate exercise, plus strength exercises on 2 or more days a week that work all the major muscles – legs, hips, back, abdomen, chest, shoulders and arms<sup>9</sup>.**

### Reference

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# Celebrating 70 years of the NHS and becoming a wellness service rather than a sickness service

- 5th July 2018 marks the 70th anniversary of the NHS.
- Since its launch the NHS has delivered huge advances in medicine, science and information, leading to improvements in life expectancy<sup>1</sup>.
- Key achievements include control of infectious diseases such as polio and diphtheria, and pioneering new treatments like the world's first liver, heart and lung transplant<sup>2</sup>.

## Current and future challenges

- As in all high-income countries the NHS is facing the challenge moving from an 'infection paradigm' to one of chronic disease e.g. diseases of lifestyle.
- 70% of the NHS budget is currently spent on long-term conditions<sup>3</sup>. 20-40% of these conditions could be either prevented or ameliorated through improving lifestyle such as increasing physical activity<sup>4</sup> and healthy eating. Prevention is one of the key challenges for a sustainable NHS.

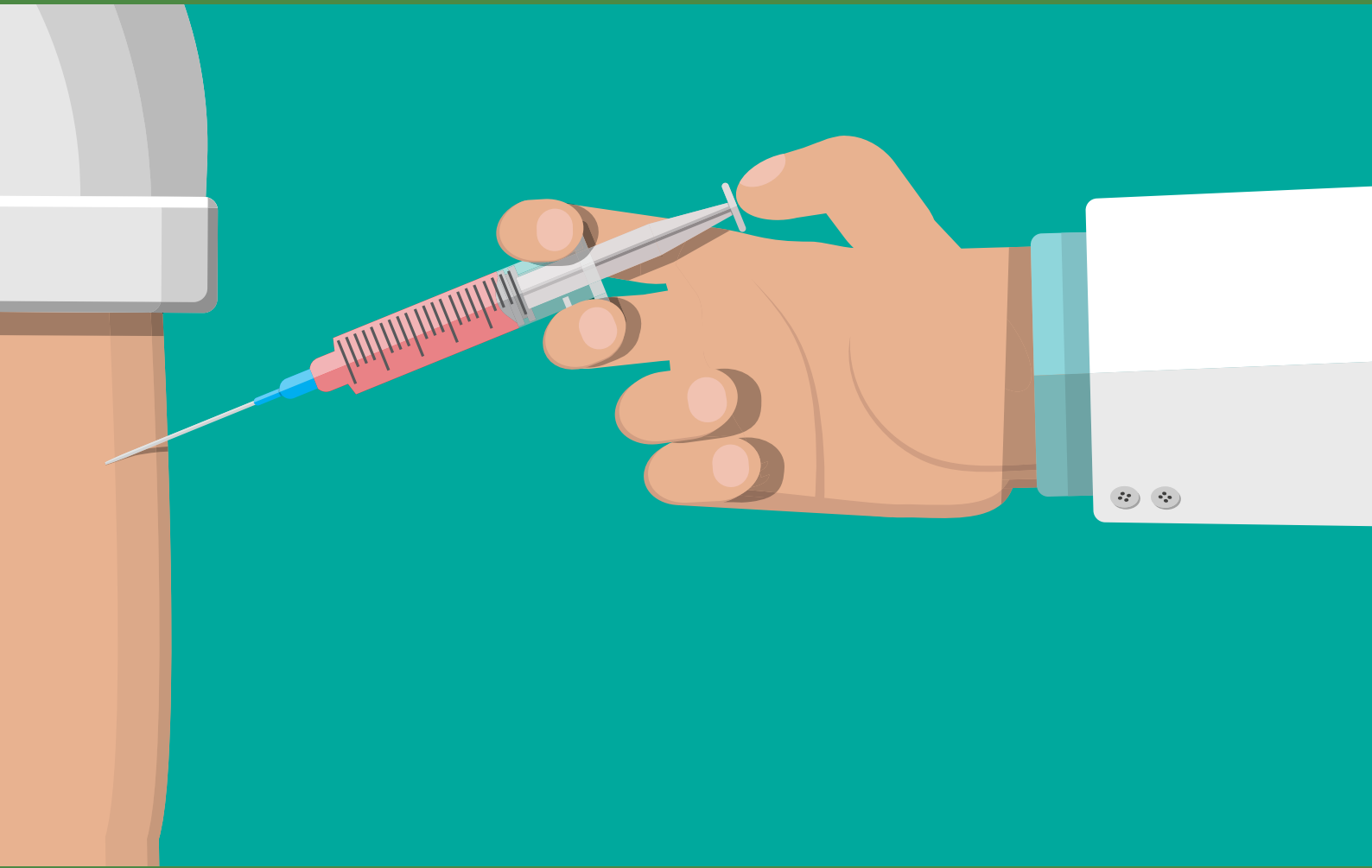
- Clinical Commissioning Groups (CCGs), Local Authorities and NHS providers are working together to develop and implement place-based plans to improve the quality of services and care, addressing the funding gap, and enhancing population health and wellbeing<sup>5</sup>. The programme currently underway is called the Sustainability and Transformation Plan (STP) which aims to improve health outcomes through better partnership working. Enfield is part of the North Central London footprint along with Barnet, Camden, Haringey and Islington.

## Ambition for Enfield

To achieve a world-class, sustainable health and care system, that supports prevention, for Enfield residents.

## Reference

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## Preventing what's preventable – immunisation is a simple step to protect people from infectious diseases

### Why is this important?

Vaccination has greatly reduced disease, disability and deaths due to infectious diseases worldwide<sup>1</sup>.

- Smallpox was eradicated worldwide in 1980 following a successful 10-year campaign by WHO<sup>1</sup>. Polio was similarly eliminated in the UK by 1984 thanks to comprehensive vaccination programmes<sup>2</sup>.
- This year marks the 100 years since the Spanish flu pandemic, which is estimated to have killed at least 40 million people in 1918/19<sup>3</sup>.
- In the UK, flu leads to hundreds of thousands of GP visits and tens of thousands of hospital stays a year<sup>4</sup>. In addition, around 600 people a year die from complications of flu, which can rise to over 10,000 people in epidemic years<sup>4</sup>.
- In the UK, rates of measles outbreaks in recent years have been higher than they were in the late 1990s<sup>5</sup> following unfounded vaccine scares.

## What's the situation in Enfield?

- In Enfield, flu vaccination uptake rates amongst older and at-risk populations are still below levels sufficient to interrupt the transmission of the virus<sup>6</sup>.
- Most of Children's vaccinations uptake rates in Enfield are still below the WHO recommended target of 95% to ensure control of vaccine preventable diseases<sup>6</sup>.

## What can we learn from other areas?

- Comprehensive immunisation programmes for children and older people is offered to all in England, providing protection against more than 15 infectious diseases<sup>7</sup>.
- Wide variations in vaccination rates across the country indicate that achieving the recommended population coverage is possible<sup>8</sup>.

### Ambition for Enfield

That Enfield's residents are protected against vaccine preventable diseases, by achieving recommended immunisation uptake rates.

### Reference

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