

# The Merton Story 2019

Version 3. 17/1/2020

Overall healthy and safe borough, rich in assets

## CHALLENGES

Inequalities and the health divide

Healthy lifestyles and emotional wellbeing

Child and family, resilience and vulnerability

Increasing complex needs and multi-morbidity

Hidden harms and emerging issues

## Overall healthy and safe borough

Life Expectancy at birth for people in Merton, London and England



## Rich in Assets

- Many green spaces
- Active voluntary and community sector
- Good transport connections (especially in west Merton)
- Resourceful libraries
- Good schools
- Cycling infrastructure

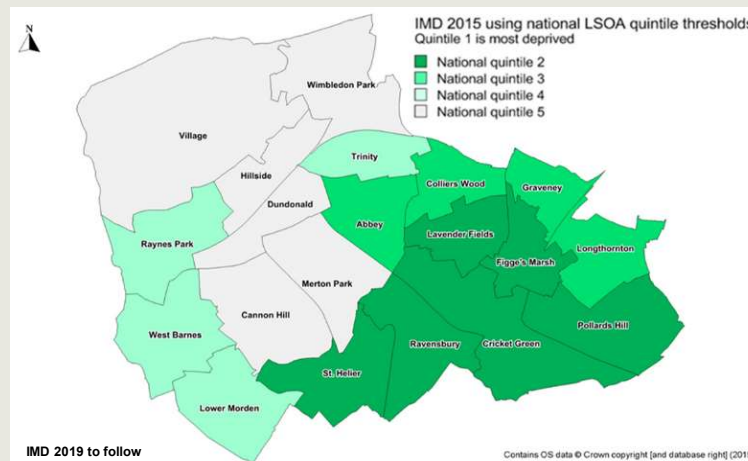


## Population in Merton (all persons) by single age band, 2019 and 2035

Population in Merton (all persons) by single age band, 2019 and 2035  
Source: GLA 2016 based projection



## Inequalities and the health divide




Significant social inequalities between east and west.

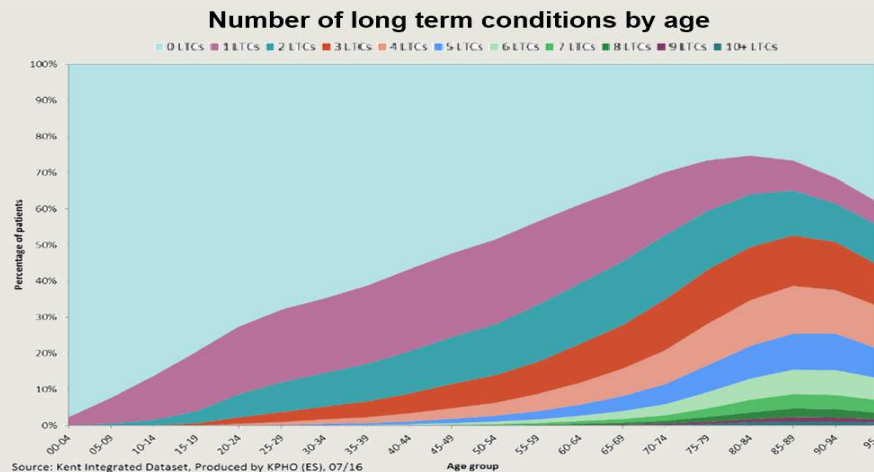
Similar patterns for:

- Life expectancy
- Unemployment
- Long term conditions
- Educational attainment
- Overcrowding

## Healthy lifestyles and emotional wellbeing

	Number of adults in Merton (% of adult population)	Risk Factors
	31,000 (20%)	<b>Exercise</b> - Adults doing less than 30 minutes of moderate intensity physical activity per week
	68,200 (43%)	<b>Healthy eating</b> - Adults not meeting the recommended '5-a-day' on a 'usual day'
	40,700 (26%)	<b>Alcohol</b> - Adults drinking above the recommended limit of alcohol a week
	17,600 (11%)	<b>Smoking</b> - Adults who smoke
	19,000 (12%)	<b>Mental Wellbeing</b> - Adults with depression or anxiety recorded by GPs

## Increasing complex needs and multi-morbidity



Total number of long term conditions increases with age e.g. 75% of people aged 80-84 years have at least 1 long term condition; 50% have 3 or more.

## Child and family vulnerability and resilience

### Good things happening...

- School readiness
- Reduced teenage pregnancy
- 16-17 year olds not in education, employment or training (NEET)
- Dental health

### Keeping an eye on...

- Increasing childhood obesity gaps
- Substance misuse
- Poverty and poor social circumstances

### Worrying about...

- Mental health and self-harm
- Rise in number of children and young people with Education and Health Care Plans
- Safety outside of home

## Hidden harms and emerging issues

### Hidden harms



Excess winter deaths



Parents and carers with mental health/substance misuse issues



Knife crime

### Emerging issues



Air pollution



County lines



Increase in Special Educational Needs and Disability (SEND)



Workforce shortages