

Merton Story 2022/23 – at a glance

What is the Merton Story?

- ✓ A common tool for partners to inform evidence-based decision-making.
- ✓ Summary of the Joint Strategic Needs Assessment (JSNA).
- ✓ High-level health profile of Merton's population.
- ✓ Statutory requirement of the Health and Wellbeing Board.
- ✗ Not a review of services or series of service recommendations.



Useful Resources

- [Public Health Outcomes Framework](#) provides key public health indicators
- [The Merton Story 2021](#) and [Previous Merton Stories](#)
- [Health Profiles](#) by ward
- [Health Needs Assessments](#) e.g. Children & Young People SEND JSNA Profile 2020, Autism Profile 2018
- [Merton data](#) provides an overview of Merton level demographics
- [Annual Public Health Reports](#) (Childhood Obesity, Diabetes, Inequalities in Merton)
- [Merton Health and Wellbeing Strategy](#)
- [Merton Local Health and Care Plan](#)
- [Insight reports from Black, Asian and Minority Ethnic group voice & MenCap](#)

Abbreviations

- | | | |
|---|---|--|
| • JSNA: Joint Strategic Needs Assessment | • IMD: Index of Multiple Deprivation | • EPC: Energy Performance Certificate |
| • UKHSA: United Kingdom Health Security Agency | • NA: Needs Assessment | • BAME: Black, Asian, and Minority Ethnic |
| • HPT: Health Protection Team | • MHD: Mental Health Disorder | • HIAP: Health in All Policies |
| • PCN: Primary Care Network | • PHOF: Public Health Outcomes Framework | • CYP: Children and Young People |
| • SWL: South West London | • SEN/D: Special Educational Needs/ and Disabilities | • EHCP: Education, Health and Care Plan |

Methodology

Key issues were identified using:

- Data from the Public Health Outcomes Framework (PHOF) comparing:
 - Current data to recent years
 - South West London and England.
- Insights from chapter leads, key stakeholders and a steering group involving NHS and the voluntary and community sector colleagues.
- Review of key issues from the Merton Story 2021.
- Recent changes in Merton's ward boundaries have been reflected where data is available.
- Census 2021 data has been included where available.
- The term BAME (Black, Asian and Minority Ethnic) has not been used based on recommendations from the Commission on Race and Ethnic Disparities (March 2021).

Conclusions for future work

In-depth analysis underway for:

- **SEND**
- **Substance misuse**
- **Health co-benefits of climate action**

Plan for future JSNA:

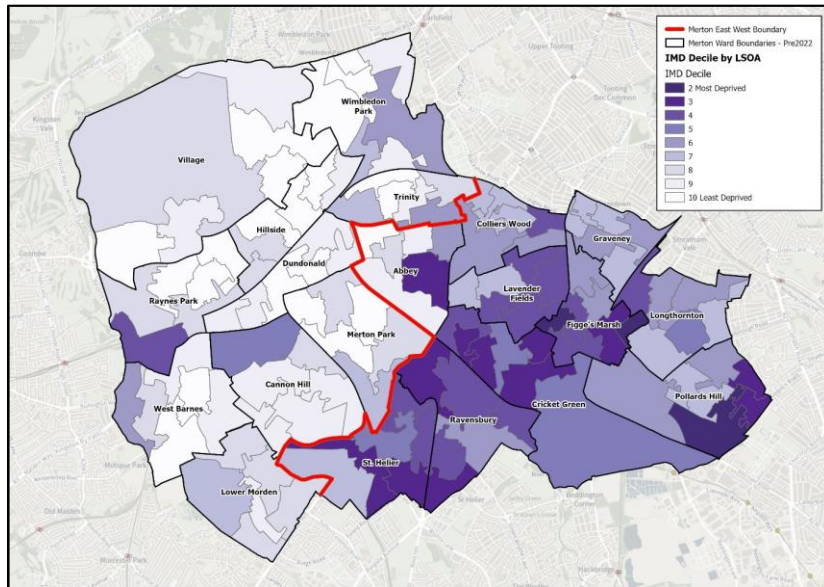
- **Embedding JSNA process further into health and care planning at place**
- **Using wider range of health and care data, including data insight platform**
- **Populating annual indicator set automatically**

Merton's Population

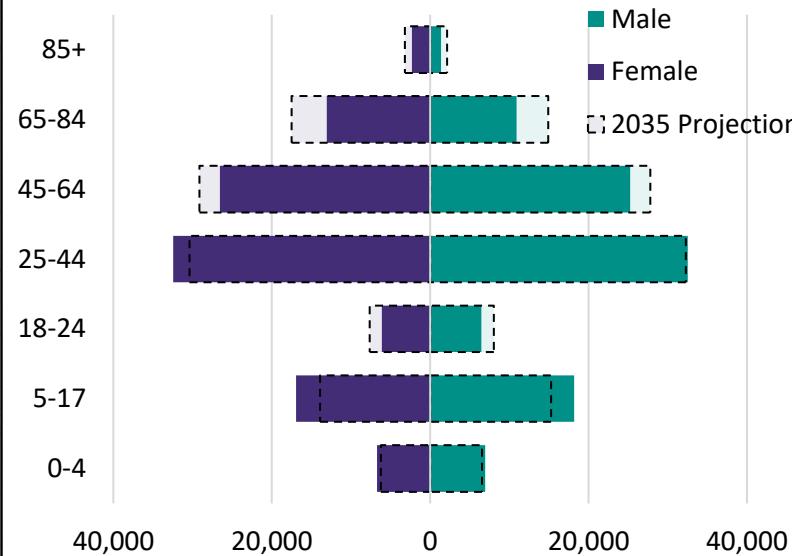
Headlines

- Merton's population is ageing, with falling births, and is becoming more diverse.
- Population growth is slow but churn is high.
- Persistent significant social and health inequalities between the East and West of the borough.
- The gap in life expectancy between the 10% most deprived and the 10% least deprived in Merton, is 7.7 years for males and 5 years for females.

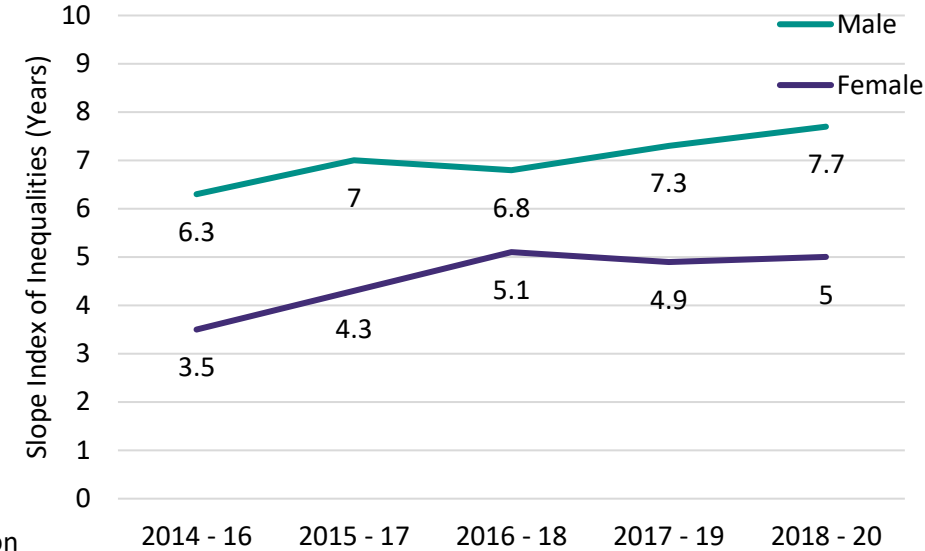
Merton Deprivation (IMD) Decile, based on the old ward boundaries, 2019.



Merton Population Pyramid, 2022.



Slope Index of Inequality for males and females in Merton, 2014-2020.



Conclusions to inform priorities

- Our people are our biggest asset
- Using common projections for joint planning
- Embedding health inequality reduction in all we do: health in all policies (HIAP) approach
- Exploring further use of Core20 with health partners to monitor inequalities

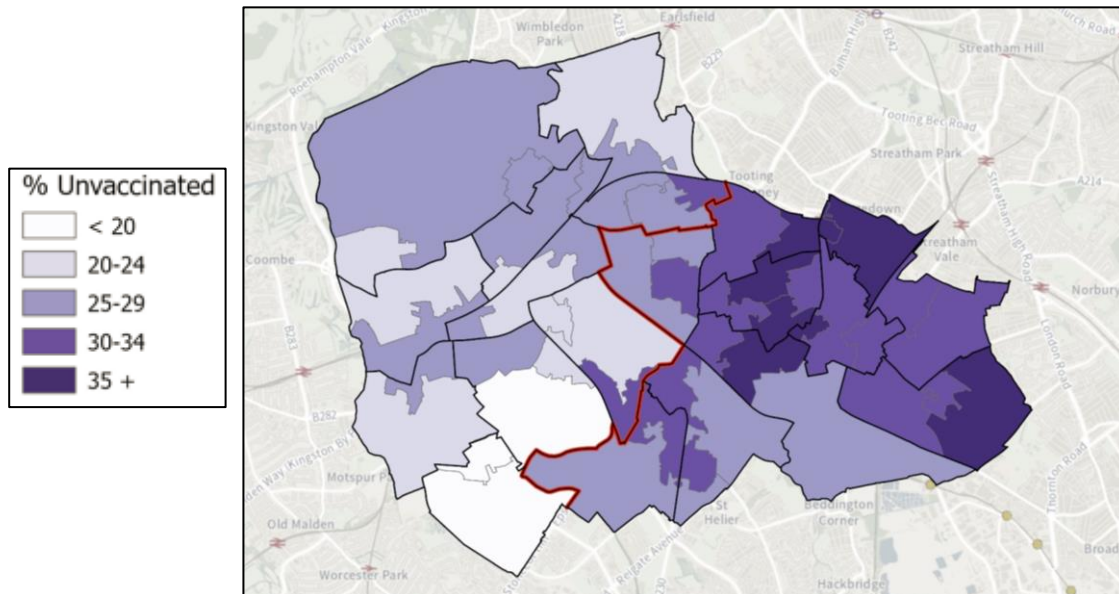
*Core20: The Core 20 represents the most deprived 20% of the national population as identified by the national Index of Multiple Deprivation (IMD).

COVID-19 Pandemic

Headlines

- The pandemic has retreated with vaccinations and natural immunity protecting from severe disease / deaths.
- COVID recovery is compounded by the cost-of-living crisis. Health services remain under strained and backlogged.
- Particularly for CYP, indirect impact from COVID measures is contributing to ongoing challenges – see under Start Well.
- The natural history and impact of Long-COVID is still not fully understood.

Proportion (%) of unvaccinated Merton residents in Merton, as of 15th June 2022.



Vaccinated: As of 7th December 2022

- Age 50+ fully vaccinated (3 doses): 73.1%
- Age 50+ Autumn Booster uptake:
 - Merton: 47%
 - South West London: 51.1%
 - London: 44.3%

COVID Deaths (as of 23rd September 2022)

- Direct COVID Deaths: 598
- Merton: 289.7 per 100,000 deaths
 - South West London: 203.2– 324.0 per 100,000 deaths
 - London 268.9 per 100,000

Long-COVID: 2,400

- Higher in 35-69 year olds

Conclusions to inform priorities

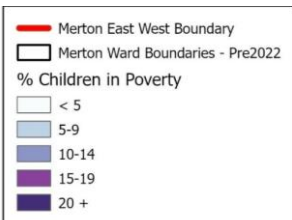
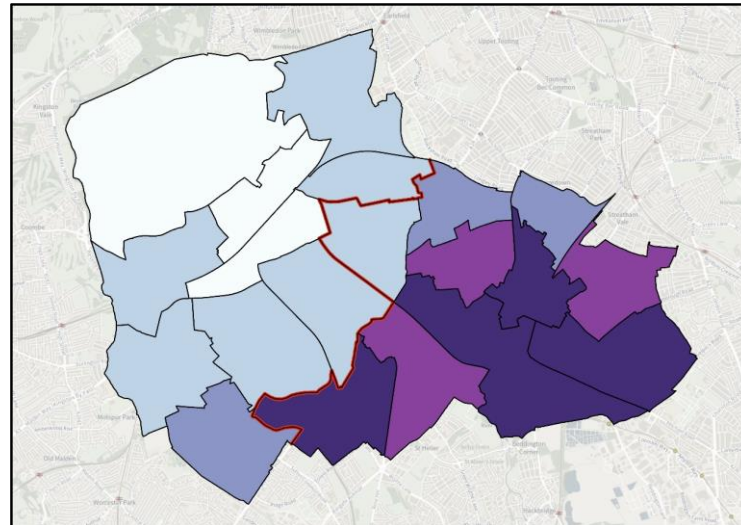
- Living safely and fairly with COVID
- Vaccinations for ongoing protection, especially for the most vulnerable
- Resilience and response readiness for other infectious diseases, joint working with UKHSA / HPT
- Supporting people with Long-COVID, and more Long-COVID research
- Learning from the pandemic: community hub, solution-focused partnership working, community champions (ongoing engagement)
- Responding to ongoing impact on CYP health – see Start Well

Start Well

Headlines

- Most CYP in Merton have better health and related outcomes than London and England. However, inequalities and the health divide is evident from the start of life.
- The COVID-19 pandemic negatively impacted CYP, spanning mental health, disordered eating, child healthy weight, school readiness and educational attainment, and are likely to be further aggravated by the cost-of-living crisis.
- This translates into increased referrals for mental health support. There has been a continuing increase in referrals for Education, Health and Care Plans (EHCP) however, recent activity indicates this may be levelling off.

The percentage (%) of children (aged under 19) living in Absolute low income families by Merton Wards, 2021.



Children Living in Absolute Low-Income 2020/21:

- 12%, or 5,234 children aged 16 and under

Healthy Weight

- Living with Overweight & Obesity:
 - 1 in 5 children (400) in Reception rising to 1 in 3 children (680) in Year 6
 - Higher in East at 43.1% than West at 25.6% (Year 6)
- Children not physically active enough: 50.4%, or 16,326 children
- Nationally, 58.2% of 17 to 19 year olds possibly have eating problems, urgent referrals for eating disorders have almost doubled, increase in SWL from 16 patients in 2020/21 to 87 patients in 2021/22
- Food poverty is an increasing challenge for families

Mental Health Disorders (MHD)

- Estimated prevalence of MHD: 9%, or 2,943 children aged 5-16

Education

- Good level of development in early years: decrease from 75.5% (2018/19) to 69% (2021/22)
- 12.6% of pupils receive SEN support (2020/21)
- EHCP (2020/21)
 - Merton: 1,583 pupils, or 4.8% of pupils
 - London: 3.8% of pupils

Conclusions to inform priorities

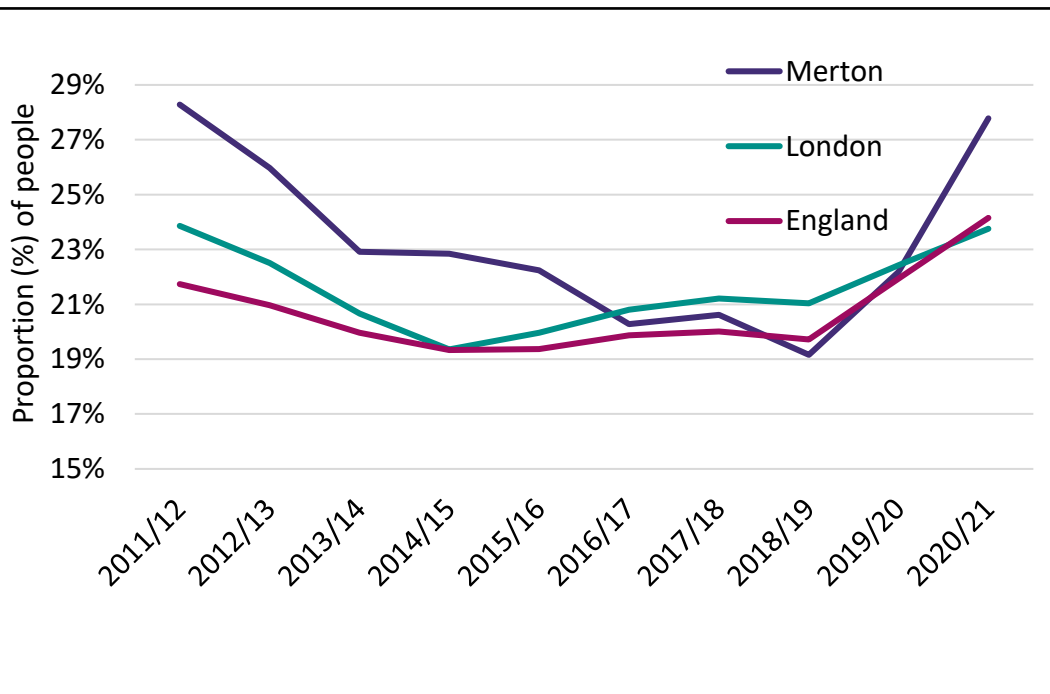
- Further developing strategies to meet the needs of CYP with SEND on the basis of new NA
- Holistic mental health support offer in response to increasing demand / need
- Healthy Weight Programme considering disordered eating and food poverty
- Responding to multiple adversity through Think Family and Healthy Place links
- Specific concerns for further exploration:
 - Increasing CYP vaping
 - Increasing school absence
 - Air pollution impact, especially around schools

Live Well

Headlines

- Persistent large numbers with public health risk factors such as unhealthy diet, lack of physical activity, smoking, alcohol misuse, underpinned by poor mental wellbeing; undiagnosed clinical risk factors, or exposure to environmental risks.
- These risk factors are preventable and leading causes of premature deaths.
- Favourable comparison with other London boroughs only means they are worse.

Proportion (%) of people reporting a high anxiety score in Merton, London, and England 2011/12 to 2020/21.



Inactivity

- 31,334, or 1 in 5 residents physically inactive

Smoking

- 21,300, or 1 in 7 residents smoke

Diet

- 75,800, or 1 in 2 residents not meeting the 5-a-day

Alcohol

- 36,700, or 1 in 4 adults drinking above the recommended limit per week

Mental Health

- 25,258, or 1 in 6 residents with depression or anxiety

Conclusions to inform priorities

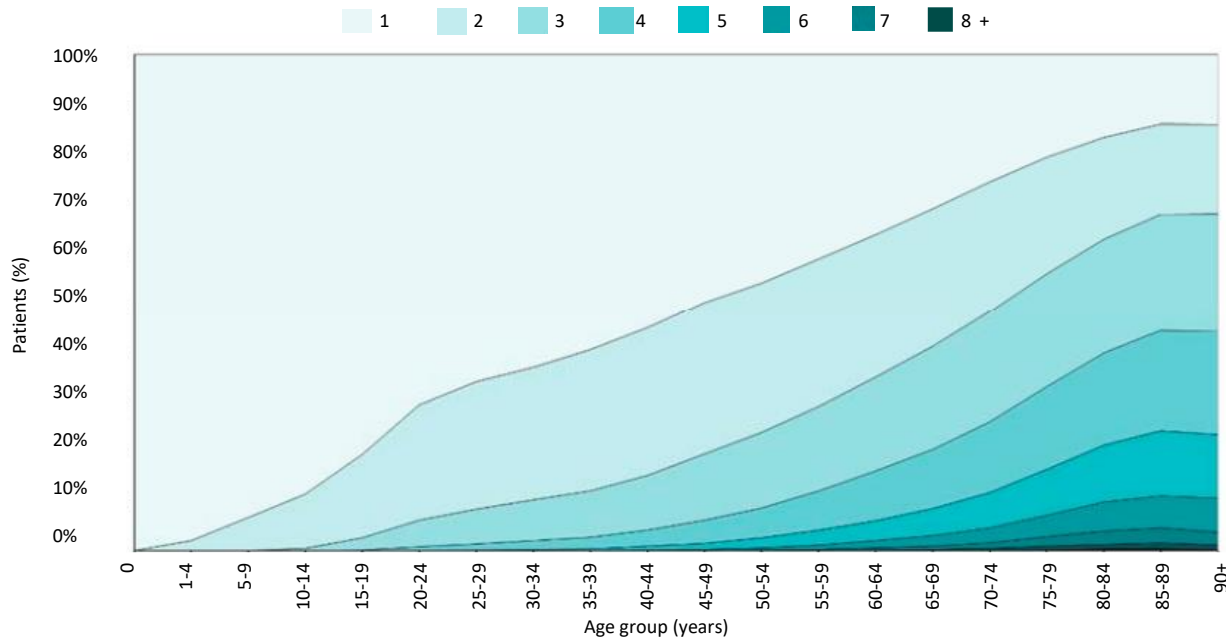
- Embedding prevention into clinical and care pathways (healthy food, physical activity, smoking, alcohol, mental wellbeing)
- Guarding essential evidence-based prevention services from savings
- Supporting Actively Merton, synergistic with Borough of Sport
- Supporting health and wellbeing of joint workforce
- Maximising health co-benefits of climate action especially air quality, active travel, energy-efficient housing
- Working with primary care on clinical risk factor detection and management, especially hypertension
- Equitable access to primary care and community services

Age Well

Headlines

- Majority of older people are healthy; however, an ageing population, the pandemic and now cost-of-living crisis, is leading to greater complexity of need due to several long-term conditions (multi-morbidities), increasing dementia rates, sensory impairment, frailty and loneliness/isolation.
- People with learning disabilities face health inequalities including access to healthcare, such as cancer screening.
- Carers, health, adult social care, and voluntary sector partners reporting greater complexity, including social and welfare needs, increasing pressures on services. For example, people with both a learning disability and autism.

Number of long term conditions by age



Source: Kent Integrated Dataset. Produced by KPHO (TG), 03/18. This is illustrative data – pattern in Merton would be similar.

Loneliness and Isolation

- 18,135, or 1 in 9 adults feel lonely often/always

Frailty

- Frailty is higher in Morden and East Merton PCNs
- An estimated 10%, or 2,764 residents aged over 65 live with frailty
- Falls in ages 65+: 575 emergency admissions, a rate of 2126.6 per 100,000
- Hip Fractures in ages 65+: 115 hip fractures, a rate of 429.4 per 100,000

Carers

- 16,000 to 20,000 unpaid carers

Learning Disability

- 3,789 residents aged over 18 have a learning disability

Conclusions to inform priorities

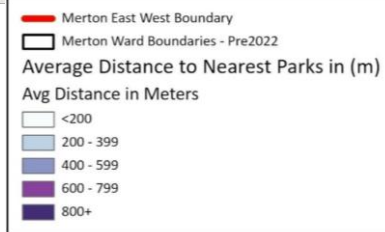
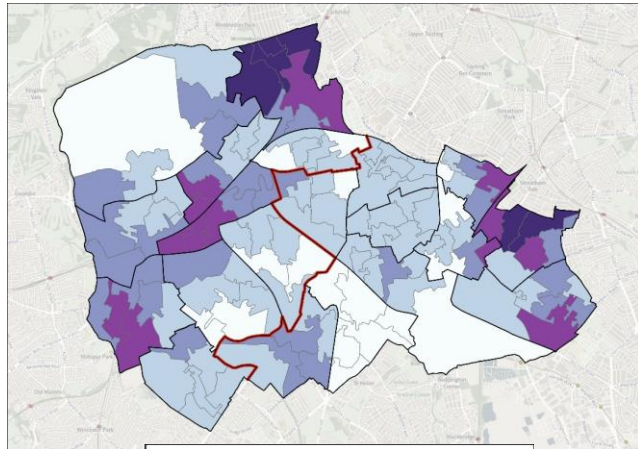
- Developing whole system frailty pathway
- Supporting carers
- Greater awareness, greater provision of reasonable adjustments to improve access to health services and annual health checks for people with learning disabilities
- Autism support throughout the life course, especially focusing on transition and highly complex adults with associated learning disability
- Better understanding of pattern of increasing complexity in health, care and welfare

Merton as a Healthy Place

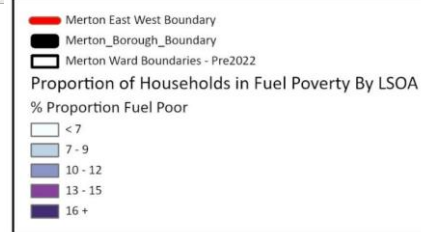
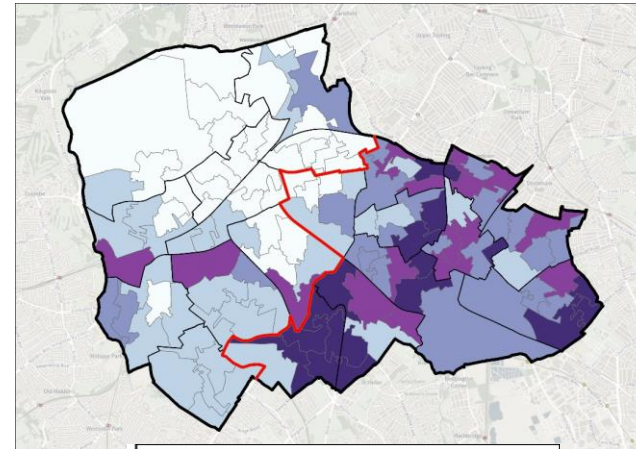
Headlines

- Merton is rich in physical and social assets, in particular its green spaces, libraries and sports history.
- It contains neighbourhoods with accessible and well-maintained parks, vibrant highstreets, strong local engagement, rich cultural and historic assets and good transport and active travel infrastructure.
- Equally, Merton has neighbourhoods with socio-economic deprivation and neglect, poor housing lacking insulation, traffic and transport, air pollution and environment vulnerability.

Average Distance to Nearest Park, 2020*.



Merton Households in Fuel Poverty, 2022.



Assets

- 43 Voluntary organisations helping 61,815 residents
- Low unemployment; higher in East (5,396 residents, 7.3%) than West (2,057 residents, 3.3%)
- Neighbourhoods with greenspaces
- Strong local engagement
- 7 Libraries used as community hubs
- Low crime rate; 5.8 per 1,000 (London; 8.4 per 1,000)
- Good transport links better in West than East

Challenges

- Low quality housing higher in East
- 86,000 Homes with an EPC D rating or below
- 1 in 14 Households are overcrowded
- 54 - 100 Deaths/year due to air pollution
- Almost 500 domestic abuse violence with injury offences
- Wages and benefits below inflation rate
- Reaching Climate Change targets:
 - Council to be net-zero by 2030
 - Reach net-zero carbon in 2050
 - Reduce collected waste by 75%
 - Improve energy use of buildings
 - Increase active travel
 - Increase green canopy cover

Conclusions to inform priorities

- **Maximising health co-benefits of climate action, especially active travel, air quality, energy-efficient housing**
- **Developing libraries as community assets**
- **Actively Merton complementing Borough of Sport— see under Live Well**
- **Healthy place around schools, especially school streets and super-zones**

*Please note: The ONS have only included parks in the analysis. For example, Wimbledon Park has been defined by ONS as a Sports facility and not a park as the primary use of the area. ONS analysis does not include: Allotments/Community Growing Spaces, Bowling Greens, Cemeteries, Religious grounds, Golf courses, Playing Spaces & Fields and Tennis Courts. The analysis looks at the distance from postcode to the nearest access point and only includes postcodes that fall within a built up area (urban) and also parks outside the Merton boundary.