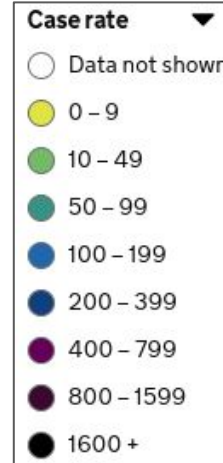
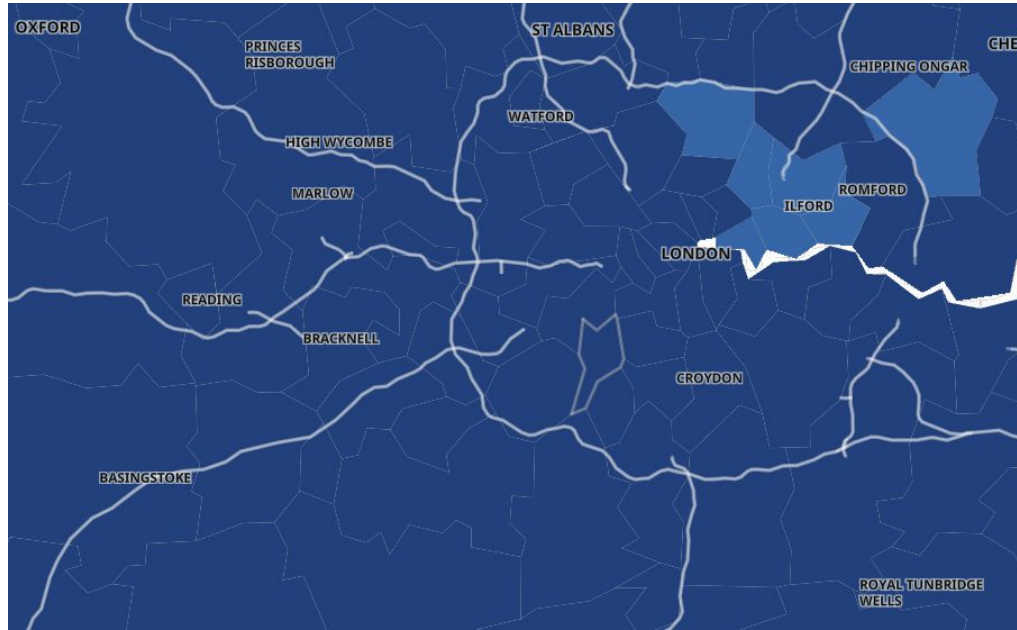


# Welcome: Session 48 (11/07/22)

- Thank you for joining us
- We are grateful for the support of the community sector working in partnership with us to share messages with the residents of Kingston
- We need every resident to know what they can personally do to keep themselves safe - and that way - also help Kingston to be safe as a whole
- Today we will share the latest data for Kingston - likely the last for the moment with this level of detail
- We will share the latest key messages - for you to share with your contacts
- We'll also be adding in some new messages - about opportunities for residents to stay healthy while we have COVID-19 in the borough
- We are going to have a new focus on supporting vaccination for those who may have been left behind

# What is the trend in Kingston for COVID-19?



Date	Rate
05/06/2022	85.4
12/06/2022	161.3
19/06/2022	175.3
26/06/2022	241.7
01/07/2022	266.8

## Kingston upon Thames

LTLA

Seven days to 01 July 2022

Total cases

**478** ↑ 64 (15.5%)

Case rate per 100,000 people

**266.8**

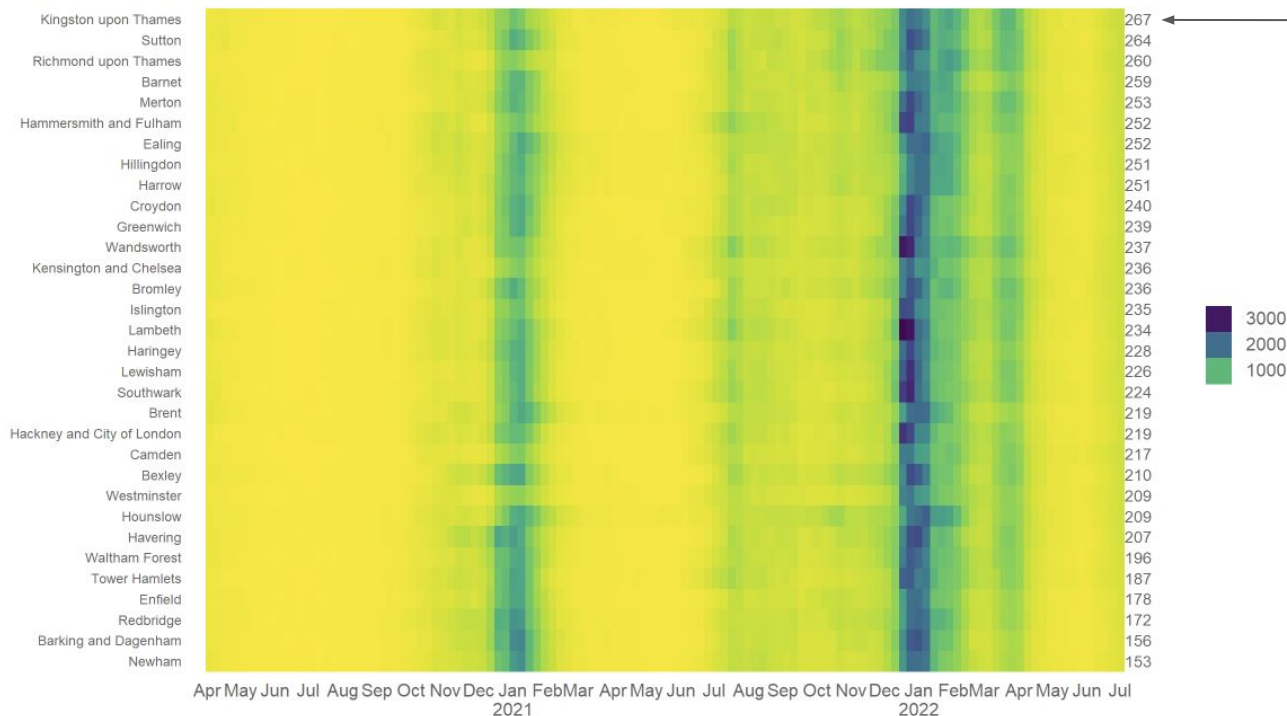
You can check the latest data here: <https://data.kingston.gov.uk/home/coronavirus-dashboard/>

# How does Kingston compare with other London boroughs?

## Free testing ended 01/04/22

### Weekly case rates per 100,000 population

Most recent complete data for week ending 01 July (case rate shown on right hand column)



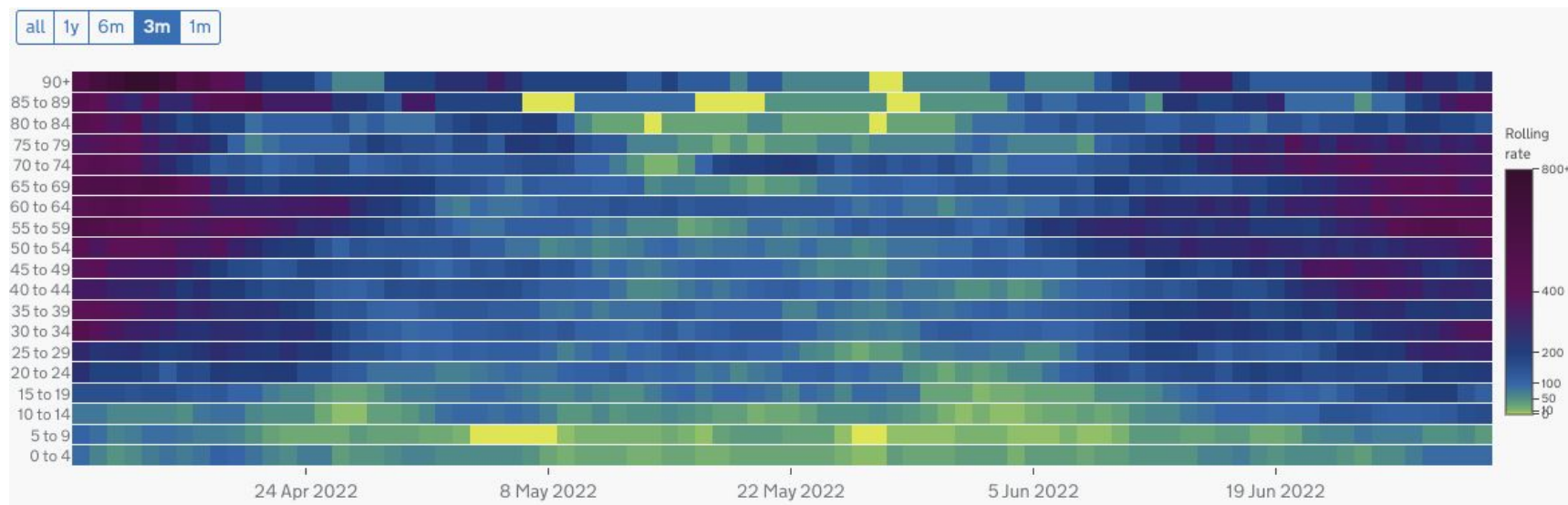
Source: UK Government COVID-19 Dashboard

Sorted by case rate in most recent week. Colour scale may change with new data

Graphic by GLA City Intelligence

# Seven day rate per 100,000 population / week, to 1st July 2022, by age group in Kingston

## Free testing ended 01/04/22



0-4 Rate: 94	5-9 Rate: 41	10-14 Rate: 167	15-19 Rate: 115	20-24 Rate: 216	25-29 Rate: 299	30-34 Rate: 371	35-39 Rate: 231	40-44 Rate: 266	45-49 Rate: 285	50-54 Rate: 381	55-59 Rate: 452	60-64 Rate: 453	65-69 Rate: 376	70-74 Rate: 346	75-79 Rate: 334	80-84 Rate: 151	85-89 Rate: 377	90+ Rate: 254
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Key	Decrease in rate since last week	Same rate as last week	Increase in rate since last week
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See the most up to date data on age groups in the public domain: <https://coronavirus.data.gov.uk/details/cases?areaType=Itla&areaName=Kingston%20upon%27thames>

# What is the London hospital data showing?

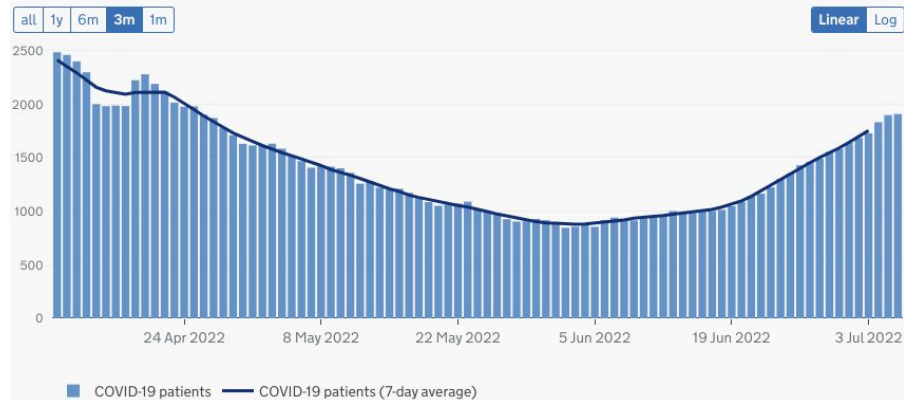
## Patients in hospital

Daily count of confirmed COVID-19 patients in hospital at 8am. Data are not updated every day.

**Daily**

[Data table](#)

[About](#)



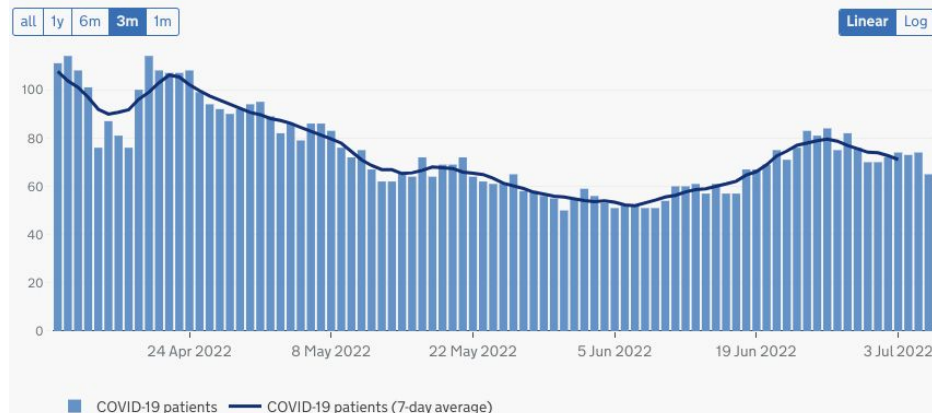
## Patients in mechanical ventilation beds

Daily count of COVID-19 patients in mechanical ventilation beds, and 7-day rolling average. Data are not updated every day.

**Daily**

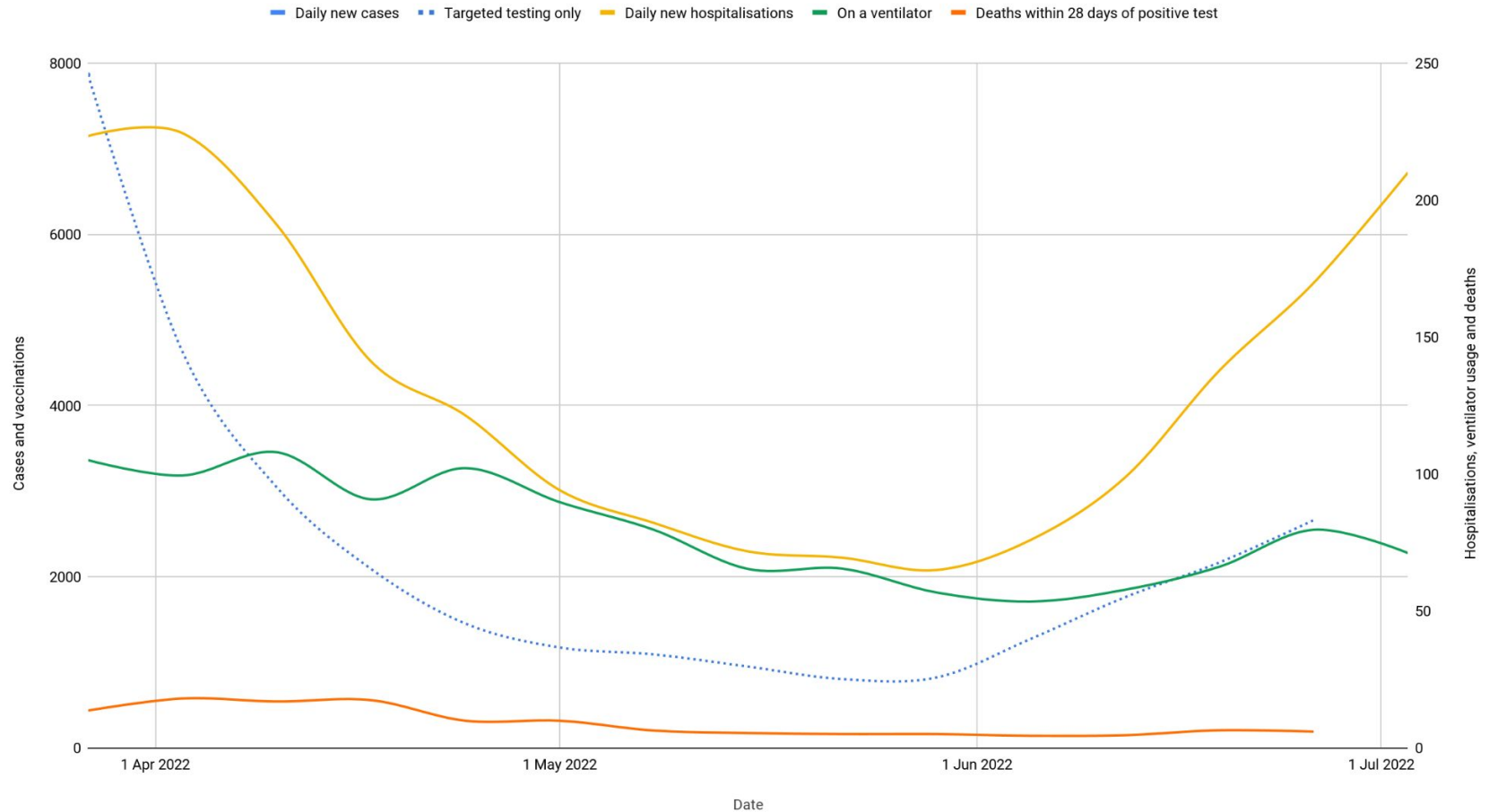
[Data table](#)

[About](#)



See the latest London data here:  
<https://coronavirus.data.gov.uk/details/healthcare?areaType=nhsRegion&areaName=London>

## Covid-19 cases, hospitalisations and deaths in London (seven day average)



# Coronavirus Infection Survey Pilot (08/07/22)

(estimating the proportion of people in the community with COVID-19, and those newly-infected)

## Key estimate at national level:

- **3.95%** (3.35% last week, and 2.50% the week before) of the community population in England estimated to have had COVID-19 at any given time between 23rd June and **29th June 2022**.
- This equates to **6,263**, or **approximately 1 in 27, Kingston residents with COVID-19**
- 6,263 positive tests in Kingston would equate to a rate of 3,552 per 100,000 population

## Regional (London) estimate:

- **4.32%** (3.70% last week, 2.91% the week before) of the community population aged two and over in London estimated to have been infectious for COVID-19 on **26th June 2022**
- This equates to **6,849**, or **approximately 1 in 24, Kingston residents with COVID-19**
- 6,849 positive tests in Kingston would equate to a rate of 3,885 per 100,000 population

You can see more about the ONS survey here:

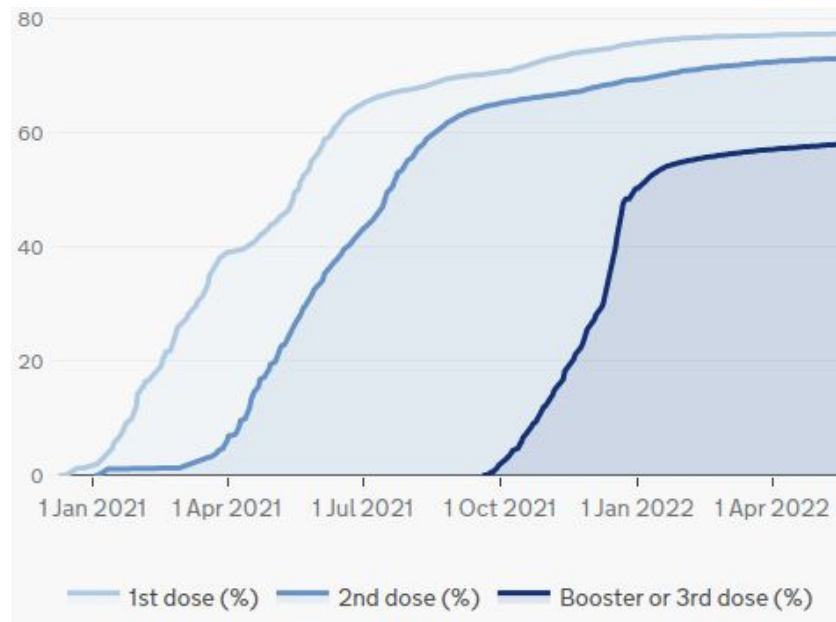
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/datasets/coronaviruscovid19infectionsurveydata>

# Vaccination:

**Our range of walk-in vaccination clinics continues across Kingston and our bordering boroughs - it really has never been easier**

Offers change on a weekly basis, but for the very latest, please check at:

[www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/](https://www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/)



Latest total percentage of people aged 12 and over who have received a COVID-19 vaccination, by dose.

1st dose: 77.2%

2nd dose: 73.3%

3rd dose or booster: 58.4%

Kingston Vaccination data for the 5th July 2022 (latest available)

Source: <https://coronavirus.data.gov.uk/details/vaccinations?areaType=Itla&areaName=Kingston%20upon%20Thames>



# Key Behaviours Messaging

Please share



Test and Trace

## Living with COVID-19:

**5 things** you can do  
to help protect yourself,  
your family and your  
community.

Swipe left to find out...

**1****Get vaccinated**

to reduce your risk of  
becoming seriously ill...

2



If you feel unwell and have flu-like or COVID-19 symptoms and a high temperature **avoid close contact** with others and **stay at home** if you can...

3

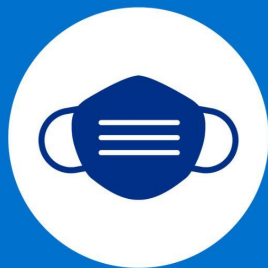


Let in **fresh air** when  
you meet others indoors,  
especially if they're at high  
risk from COVID-19...

**4****Wash your hands**

regularly and cover your  
mouth and nose if you  
cough or sneeze...

5



Wear a **face covering** in crowded and enclosed places and when coming into contact with people at higher risk from COVID-19.

# Latest Kingston Walk-ins

## Did you know...?

Your COVID vaccine dose has been reserved, and right now you're just a **10-15 minute walk away...**

Next session:

**The Hook Centre**  
**Wednesday 13th July,**  
**1PM-4.30PM**

Just click for **directions to KT9 1AE**



# Did you know...?

Your COVID vaccine dose has been reserved, and right now you're just a **10-15 minute walk away...**

Next session:

**New Malden Library**  
**Thursday 14th July,**  
**1PM-4.30PM**

Just click for **directions to KT3 3LY**





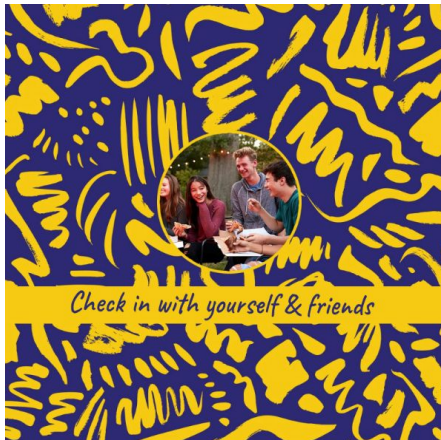
# Did you know...?

Your COVID vaccine dose has been reserved, and right now you're just a **10-15 minute walk away...**

Next session:  
**Kingston Library**  
**Friday 15th July,**  
**1PM-4.30PM**

Just click for **directions to KT1 2PS**



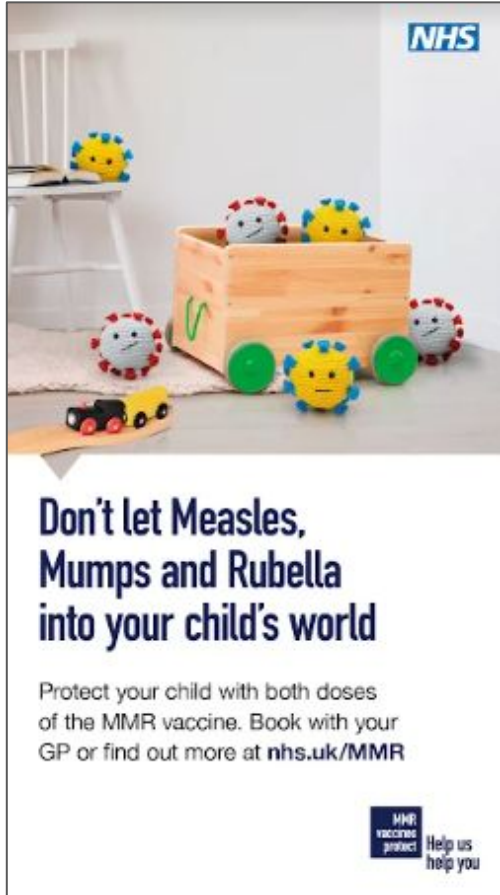


## Supporting young people to have fun more safely



**Call to action:** Promote the Getting It On (GIO) summer campaign to help young people access information and services related to summer safety and harm minimisation in Kingston

- The GIO website summer campaign is running July-August <https://www.gettingiton.org.uk/summer-safety-guide> , providing harm minimisation messaging and local / national service signposting for 13-19 year olds in SW London.
- Targeted social media messages include:
  - managing anxiety around socialising
  - reducing risks if drinking alcohol or taking drugs
  - keeping safe in a sexual relationship
  - checking that your friends are OK.
- Youth agencies are encouraged to follow the new Instagram account, with posts added/ rotated weekly <https://www.instagram.com/gettingiton.org.uk/>
- Help young people make summer 2022 one to remember - for the right reasons



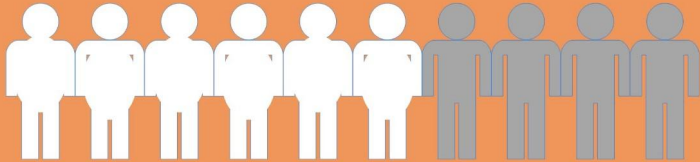
## Encouraging parents to get their children fully vaccinated against measles, mumps and rubella

- **Call to action:** support parents and carers whose children may have missed one of their two MMR doses to contact their GP, or to find out more information about the MMR vaccine programme on the NHS website <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>
- MMR is a safe and effective combined vaccine which protects against 3 highly infectious conditions. These conditions can lead to serious problems such as meningitis, hearing loss and problems in pregnancy
- In Kingston, the latest data from January to March 2022 shows that 89% of children have had 1 dose of MMR at 5yrs of age but only 78% of children have received 2 doses of MMR, which is significantly below the target level of 95% (for herd immunity).
- Two doses of the MMR vaccine provide the best protection against measles, mumps and rubella. Contact your GP practice if you are unsure if your child/ children are up to date with all their childhood immunisations
- **It's never too late to get vaccinated.**



# THE BIGGEST ISSUE

#thebiggestissue



#THEBIGGESTISSUE

# Obesity - the silent pandemic

Iona is championing '**The Biggest Issue**' - an initiative to address one of our most pressing Public Health issues - how to address and raise awareness around healthy weight

<https://mobile.twitter.com/biggestissueuk>

*It is reported that over 60% of UK adults are overweight or obese*



# National picture of obesity



Obesity is directly linked to the risk of developing multiple long-term conditions, particularly type 2 diabetes

- <https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/overweight-and-obesity>

It has been forecasted that by 2050, the NHS will spend £9.7 billion per year treating obesity related conditions.

- <https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet-england-2018>

In the UK, obesity rates are strongly correlated with social and economic circumstances

- <https://www.parliament.uk/documents/fair-society-healthy-lives-full-report.pdf>

Black, Asian and minority ethnic (BAME) populations have higher susceptible to obesity-related diseases (e.g. diabetes) at a lower weight compared to white populations

*People in areas of high deprivation as  
8 times less like to take up a lifestyle  
& weight management programme  
than the rest of the population in  
South West London*

SWL NATIONAL DIABETES PREVENTION PROGRAMME UPTAKE  
DATA 2016-2018



# We want to hear from our communities – what people feel about their weight and why, and what they would find helpful to support them to be a healthy weight



## Did You Know?

**6 out of 10 of us are overweight or living with obesity**

We want to work with you to find solutions that work for people in our community.

Scan the QR code and complete the survey to share your views!



THE  
BIGGEST  
ISSUE



See RBK Director of Public Health Iona Lidington and other short video clips about this at <https://mobile.twitter.com/biggestissueuk> and fill in this survey now:

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<https://www.surveymonkey.co.uk/r/X5W52Z5>

All who complete the survey can be entered into a draw with the chance to win £100.

Or scan this QR code with your phone to take you directly to the survey:



Thank you 😊

The Biggest Issue is also seeking groups willing to host a focus group with their community in next few months - contact [phps@kingston.gov.uk](mailto:phps@kingston.gov.uk) if interested



## Free weight loss support



- ✓ Choice of services that work for you
- ✓ Build long lasting, healthy habits
- ✓ Lower your risk of Type 2 diabetes, heart disease and some cancers
- ✓ Reach a healthy target weight
- ✓ Re-energise your life

**Contact us to help you get started, and check your eligibility**

**[www.connectedkingston.uk](http://www.connectedkingston.uk)**

**020 8547 6815**

**[healthy.lifestyles@kingston.gov.uk](mailto:healthy.lifestyles@kingston.gov.uk)**



## Helping you to better health



**Call to action:** signpost residents for self referral to one of our free adult weight loss services. Supporting people to consider:

- Making small changes to eating and drinking habits, and getting more active, can make a big difference
- Taking up our **FREE** weight loss support services - available to anyone living, working, studying or registered with a GP in Kingston, aged 16 and over
- Slimming World and Second Nature services tailored to individual need, available for 12 weeks with face to face, peer and online support

**Make contact to find out more and discuss if you are eligible**

Email [healthy.lifestyles@kingston.gov.uk](mailto:healthy.lifestyles@kingston.gov.uk)  
or call 0208 547 6815 for more details.

**[www.connectedkingston.uk](http://www.connectedkingston.uk)**



Thank you.

Together we can help Keep Kingston Safe



**Let's keep life moving.**



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING

[gov.uk/coronavirus](https://gov.uk/coronavirus)