

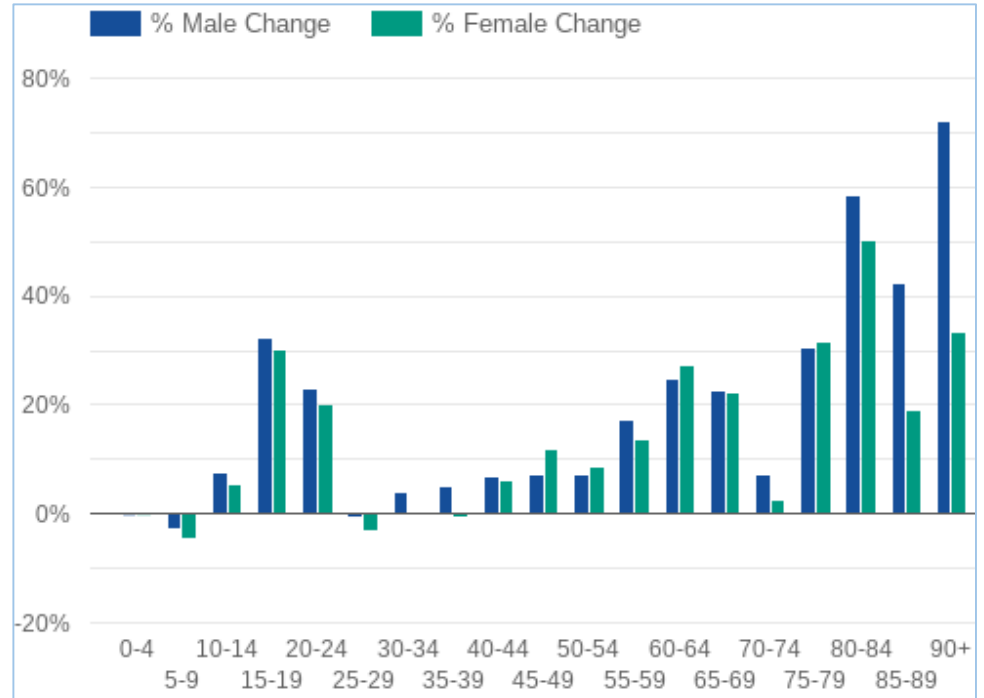
Location, Location, Location:

The importance of place in shaping health and wellbeing



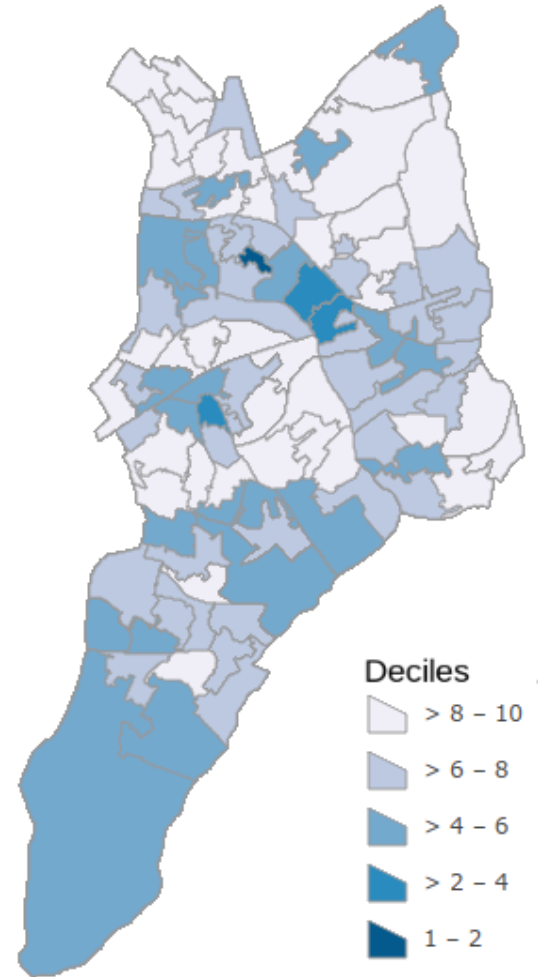
Kingston's population

- The GLA estimates 180,600 people live in Kingston and this will reach 200,100 by 2029
- The biggest growth is expected in the 80+ age groups and then the 15-19s age group.
- Updated demographic profile to be published alongside main report:
<https://data.kingston.gov.uk/wp-content/uploads/2019/11/Statistical-Annex-APHR-2019.pdf>



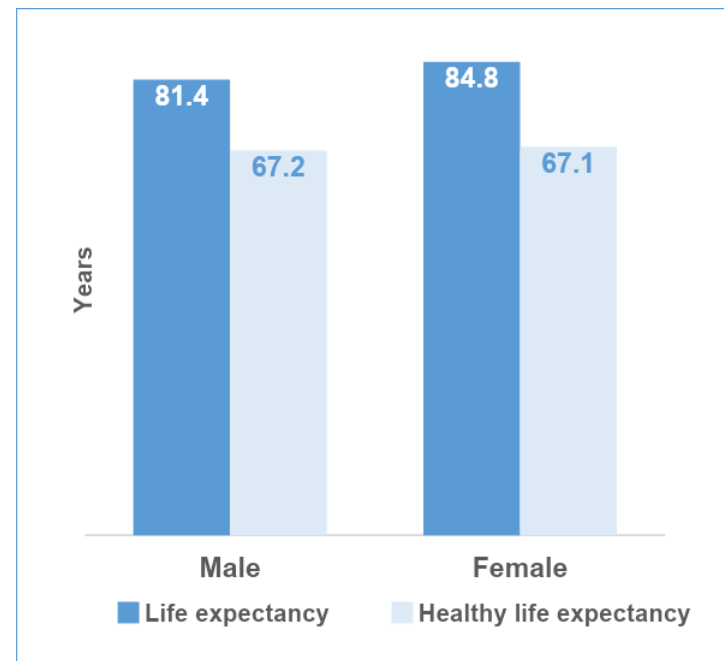
Demographics

- Overall, Kingston is considered to be an affluent borough
- Small and important pockets of deprivation exist
- One small area (LSOA) in Kingston falls within the most deprived 20% of all areas in England, and 4 areas fall within the most deprived 40%
- 38 of the 98 LSOAs in Kingston are in the least deprived 20% nationally



Life expectancy in Kingston

- Life expectancy in Kingston, like the rest of England, has improved over recent decades, but has started to plateau in recent years
- Life expectancy at birth is 84.8 years for women and 81.4 years for men
- Healthy life expectancy is an estimate of number of years spent without disabling conditions
- In Kingston men spend an estimated 67.2 years in good health and women 67.1 years
- The gap in life expectancy in Kingston between those living in LSOAs in the most and least deprived deciles was 6.9 years for men and 4.7 years for women.



Main causes of death in Kingston

- The leading causes of deaths in Kingston are:
 - Cancer (27.8%)
 - Diseases of the circulatory system and dementia (25.8%)
 - Diseases of the respiratory system (12.4%)
- Deaths among those aged under 75 years, or premature deaths, an important public health indicator, with many of these deaths being preventable.
 - In 2018, 30.4% of deaths were amongst those aged under 75.

Fair Society, Healthy Lives: the role of place?



- 2010 Marmot Report- “Fair Society Healthy Lives” looked at evidence based strategies for reducing health inequalities in England, and highlighted the importance of place.
- **The physical and social environment in which we are born, grow up, live and work collectively has a bigger impact on our health than healthcare services provide.**
- “Place” is made up of:
 - Surroundings - the buildings, streets, public spaces and natural spaces that make up the physical environment of our neighbourhoods
 - Communities - the relationships, social contact and support networks that make up the social environment of our neighbourhoods.

Place and health

The 2019 Annual Public Health Report focuses on five key aspects of place to examine their impact on the health of residents



Housing



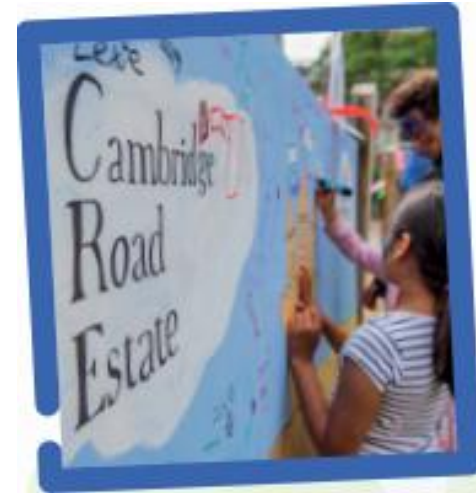
- Housing influences both our physical health and our mental health, our sense of community and connectedness.
- To be healthy, a home should be:



- Housing costs are high in Kingston. The cheapest house prices are 14 times the lowest income bracket

Case Study: Cambridge Road Estate Regeneration

- The Cambridge Road Estate in Norbiton is home to around 1,800 people
- Most economically deprived area of Kingston
- In the 2011 Census 7.7% of residents reported their health as bad or very bad (Kingston as a whole was 3.6%)
- Proposed regeneration of the estate
 - aims to transform people's quality of life providing more social housing, better community facilities and improved outdoor spaces
 - delivers approximately 2,000 homes over a period of 10-15 years
- Residents involved from the start and will be invited to vote in an independent ballot in early 2020





Streets and Transport

- The “Healthy Streets” approach promotes streets which are pleasant and safe to use, and facilitate walking and cycling whilst discouraging dependence on cars, and improve air quality.
- To be healthy, streets and transport need to:



- The Go Cycle Programme was developed in line with a Healthy Streets approach, to improve the experience of cycling in Kingston.

Case Study: Go Cycle Pedlet



- Go Cycle's "Pedlet"- a pedal-powered portable mini-parklet which is temporarily positioned in parking spaces.
- Parklets are a way of reclaiming road space in favour of People - linking to TfL's Healthy Street agenda.
- In 2019 we have also used the Go Cycle Pedlet as an engagement platform at events across Kingston.
- Pictured: the Pedlet being used as part of Lovelace Primary School's 'School Street' trial (road closures to encourage walking or cycling to and from school from October 2019).



Surroundings



- Access to good quality spaces can help us to be physically active, socialise with others, and make use of nearby services.
- To be accessible, green spaces must be attractive and well-maintained, with safe and easy routes to get there.
- To be healthy, our public spaces need to:



- 70% of people surveyed in the Annual Kingston Council Residents Survey 2019 were satisfied with parks, playgrounds and open spaces.



Case Study: Community Parks Programme

- Green spaces:
 - Promote healthier living
 - Lessen impacts of climate change
 - Improve environmental quality and biodiversity
 - Support local food growing
- Increased investment of £1.3Mn by 2021 to improve parks and green spaces to provide widespread multi-generational community benefits.
- Most improved borough in The Good Parks for London Report 2019
- Community engagement and participation in the development of green spaces is vital



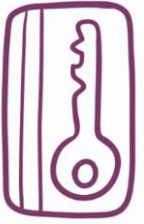


Access to Services

- Services are part of a local place, but are often built in such a way that they can not be equally accessed by everyone. The ability to access a service can be impacted by location, circumstances, health needs and people's available resources.
- To be healthy, local services need to be:



- In all communities there will be certain groups that have more difficulty accessing services, such as older people, people with disabilities, those with English as a second language and those from more deprived backgrounds.



Case Study: Complex Lives Pathway

- In July 2019, RBK hosted a Homelessness Summit which reflected on the barriers faced by people who are homeless in accessing the support they need.
- The summit concluded with a commitment to working in partnership to tackle these barriers.
- A Complex Lives Pathway is being developed to enable better access to health, social care, and housing support by forming a multi disciplinary team around those individuals who are homeless or at risk of homelessness.
- This will ensure that support is tailored specifically to the challenges and needs of each individual.
- The pilot will begin in January 2020.





Social connections and relationships

- Social connections and relationships improve our happiness and health; reduces physical and mental health problems and through community empowerment can address health inequalities.
- To be healthy, we need:

Positive relationships to feel supported, develop skills and face new situations

Connections within and across communities to feel included and valued

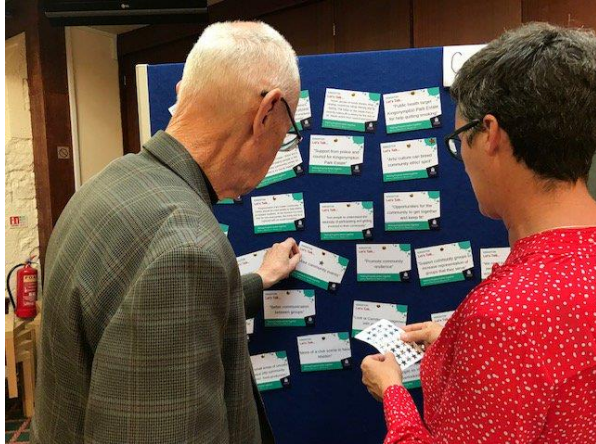
To be able to engage and participate in local activities and groups

- In Kingston 46% of adult carers reported that they didn't have enough social contact with people



Case study: Community Plans

- Kingston Neighbourhood Committees are composed of councillors who represent the electoral wards in each of Kingston's four neighbourhoods.
- They have responsibility for some local development controls, highways, and other place based functions



- Neighbourhood Committees are engaging with local residents, businesses, community groups and voluntary and community sector organisations in order to develop Community Plans
- Community Plans (to be published early 2020) will guide decision making in communities, in line with the priorities and needs identified by local communities themselves.



Case studies: Connected Kingston

- Social prescribing aims to support people's social, emotional or practical needs through connecting people to non-medical services
- Connected Kingston is a social prescribing collaboration between the council, NHS and voluntary sector partners
- The website provides information and referral pathways to services and activities in the local area
- Connected Kingston 'Champions' and 'Community Connectors' are trained individuals who offer support to residents who require additional help to access community activities and services

www.connectedkingston.uk



Recommendation: A Health in All Policies approach

- Major decisions about place should continue to support the agreed health goals within the Kingston Health and Wellbeing Strategy and Kingston Health and Care Plan
- To achieve this the Director of PH has recommended that we adopt a 'Health in All Policies' Approach in our work across the council to ensure that there is a common:
 - understanding of population health needs and health inequalities
 - understanding of the most effective interventions to improve population health
 - commitment to maximising the positive health impact of all council functions

