

23% more 5-9 year olds in Barnet by 2016



What does this mean?

The good news is that most Barnet children have better than average health, educational attainment and life chances. The bad news is that there are a large number of children in Barnet living in poverty and they are likely to experience much poorer health as they grow up. There is also a growing number of children who are overweight or obese.

Barnet has some of the best levels of childhood immunisation in London (although this could be higher still). Barnet has one of the lowest rates of teenage pregnancies in London.

17% more over 90 year olds in Barnet by 2016

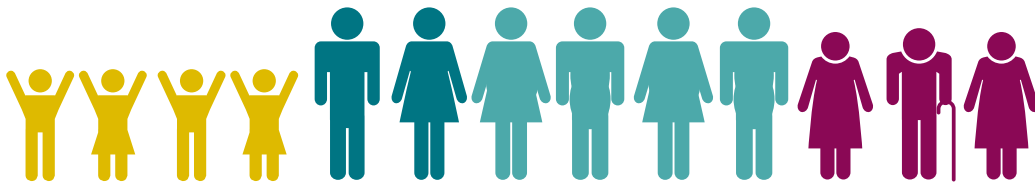
What does this mean?

In middle-age, changes in life-style mean that people tend to store up problems for later life.

This is a time when waistlines increase as people tend to be less physically active, whilst still eating as much as they did a few years earlier. Being overweight can only too easily lead to obesity, which significantly increases the risk of developing diabetes, raised cholesterol levels and high blood pressure

in middle-age. Each of these increases the risk of heart attack and stroke as well as a number of other health problems.

The health problems associated with older people include arthritis, heart disease, stroke, cancer, respiratory disease, dementia and osteoporosis. And falls become more likely (and more risky) with advancing years.



Barnet residents live longer than average **80.2** **84.3** years old

national average age: male 78.3 female 82.3

A third of Barnet's population at risk of developing cancer

It is estimated that more than one in three people will develop some form of cancer during their lifetime. The incidence of cancers is showing a downward trend in Barnet which contrasts to the trends seen in London and nationally.

early signs detection!



What can you do?

Detecting cancer early is the best way to overcome it. It is important to seek advice from your doctor if you develop signs such as a lump in the breast, blood in your urine, blood mixed with your bowel motion, a cough that drags on for several weeks, a mole or lump on your skin that is getting bigger or is changing colour. These signs do not mean that you have a cancer – they can be caused by other health problems too – but the sooner something is caught the more successful treatment is likely to be.

12,605 heart attacks and 5,567 strokes each year in Barnet

The good news is that the number of strokes and heart attacks in Barnet has dropped in recent years, as the number of smokers has declined.

The bad news is that an aging population is expected to lead to an extra 2,200 heart attacks and 910 more strokes each year by the end of this decade.



What can you do?

If you are a smoker then get help from your doctor or local pharmacist to quit. If you have a relative or friend who smokes then support them in stopping and avoid their smoke.



74% of over 65s had flu jabs last winter

Even mild strains of influenza can have a dramatic impact on people with chronic health problems or weak immune systems. People with emphysema, chronic bronchitis or asthma can suffer from breathing problems and the infection can have a dramatic impact on people with heart problems.

What can you do?

Influenza is a highly infectious virus but can be limited by vaccine. Each year the NHS offers vaccines to any residents over 65 and those with chronic health problems such as asthma, diabetes and heart conditions.



21,500 residents over 16 are estimated to have diabetes

Diabetes causes severe damage to the lining of blood vessels. Every cell in the body needs an adequate blood supply to bring it oxygen and nutrients and to take away waste products.

Diabetes leads to:

A rise in heart disease and stroke

50% of people with diabetes die of cardiovascular disease.

Neuropathy (damage to sensory nerves) of the feet

Combined with reduced blood supply, can lead to ulceration on the feet and can necessitate amputation.

Retinopathy

Damage to the light-sensitive lining of the eye. After having diabetes for 15 years, 2% of people will become blind and 10% will have severe visual impairment.

The single most important cause of diabetes is obesity

Now called 'type 2 diabetes' it is now seen in an increasing proportion of young adults, and even children, largely as a consequence of excess weight and inadequate levels of physical activity.

What can you do?

Keeping a healthy weight can reduce the risk of developing diabetes; losing weight if you have diabetes is a vital part of managing the condition and can reduce the need for drug treatment.



Immunisation: 85% of Barnet's 5 year olds have had the MMR Jab

Immunising an individual child doesn't just protect them from a disease, it limits the ability of diseases to spread through the community as a whole. Immunisation needs to reach 95% to be fully effective.

Diseases like polio and diphtheria are now very rare because of immunisation.

The recent MMR myth led to a large number of children and adults developing measles (one of the most infectious diseases there is, and a potentially very dangerous one), and mumps (a potential cause of meningitis). There is a resurgence of congenital rubella syndrome as girls who were not immunised grow into adults and become pregnant.

What can you do?

In order to be fully protected against measles, diphtheria, polio, whooping cough and tetanus, your child should have booster doses at age 3 years 4 months or soon after.

If your child has missed out on any immunisations, book an appointment with your GP as soon as possible.



7% of adult population considered obese

25,000 adults in Barnet are registered with their GP as obese. That is almost 7% of the population.

The actual level of obesity will be higher. Across England and Wales around 25% of adults are estimated to be obese.

Around 10% of children entering reception classes in Barnet primary schools are obese.

Obesity substantially increases the risk of developing a number of conditions, which themselves create health risks. The most significant of these is diabetes; it has been estimated that obesity reduces life expectancy by some nine years and accounts for 30,000 deaths in the UK each year.



What can you do?

Obviously eating less is important, but so is being more active in everyday life. Taking the stairs and walking more can make a real difference. Walking up the escalator and using public transport rather than driving to work can make a big difference. Being more physically active helps to keep weight down and makes your heart and lungs stronger.

If you have a 'weight problem' but haven't yet developed complications like diabetes or high blood pressure, then enrol on a course with a weight-loss support organisation. If you have got medical complications and are overweight or obese then discuss this with your doctor first.



62,300 Barnet residents smoke

Barnet is amongst the best performing boroughs in London in supporting people to give up smoking. But there remain 62,300 smokers in the borough. Of the 2,600 people who die in Barnet each year, around 440 are from smoking-related diseases such as heart attack, stroke and many types of cancer.

What can you do?

Avoid other people's tobacco smoke if you are a non-smoker (if you don't then you are effectively a smoker), and if you smoke tobacco, then get help from your doctor or local pharmacist to quit. Stopping smoking is the most important thing that anyone can do to improve their health and their future wellbeing.



Smoking related deaths in Barnet

Alcohol misuse

White collar professions are the most likely to drink twice the daily recommended limit. Middle class children are the most likely to have tried alcohol and are more likely to binge.

Drinking more than the recommended daily limit for good health has become all too easy, as the alcohol content of a bottle of wine has increased in recent years and wine glasses in pubs are bigger too.

What can you do?

Drinking alcohol in moderation is fine – and it's a good idea to have two consecutive alcohol-free days every week – just don't have too much to damage your health.

Moderate your drinking

