

Inequalities in Wokingham

Measuring the gaps in the building blocks of health
and wellbeing

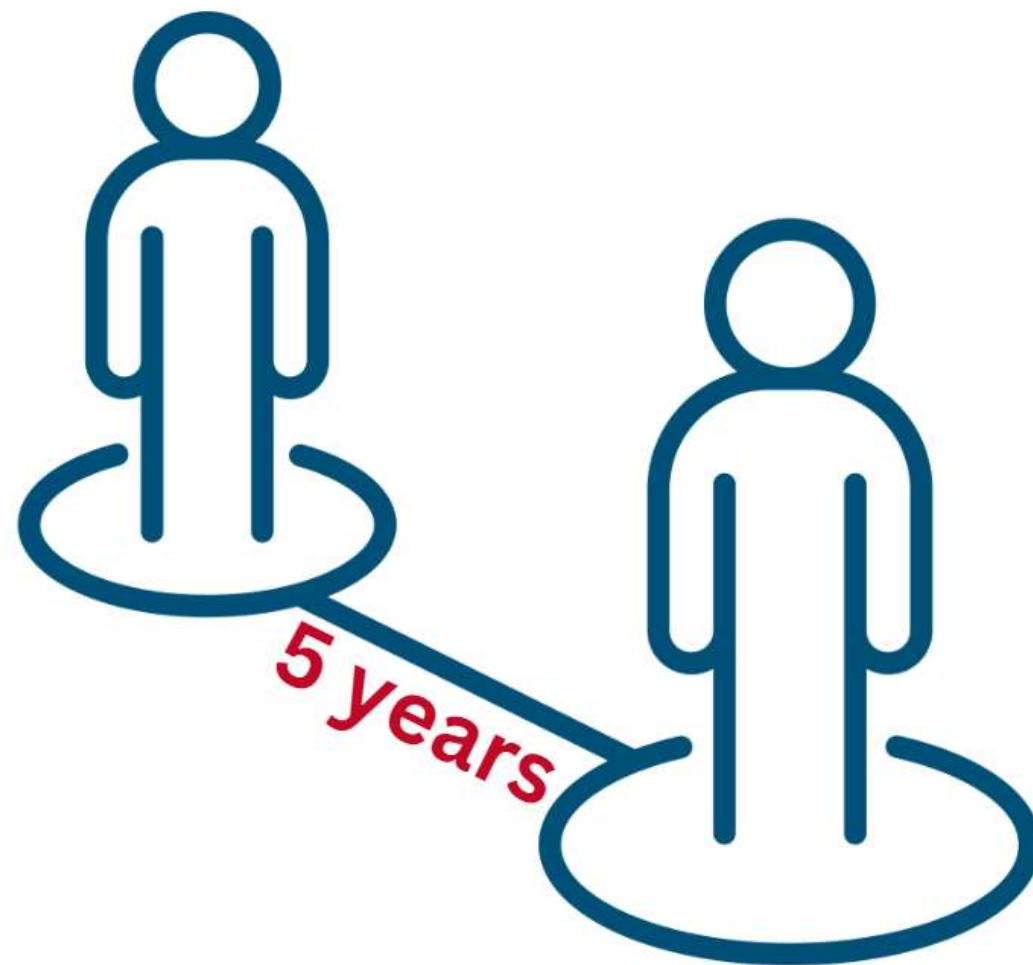
April 2024



WOKINGHAM
BOROUGH COUNCIL

The inequality gap in life expectancy in Wokingham

In our most deprived neighbourhoods people are dying 5 years earlier than people who live in our least deprived neighbourhoods



Source: OHID Local Health (life expectancy by Ward, 2016-20); OHID Fingertips Public Health Outcomes Framework (inequality in life expectancy (2018-20))

It's a matter of life and death

- Right now, in parts of Wokingham Borough, people are dying years earlier than they should.
- In our least well-off neighbourhoods people are dying 5 years earlier than their peers.
- When we don't have the things we need, like warm homes and healthy food, and are constantly worrying about making ends meet, it puts a strain on our bodies. This results in increased stress, high blood pressure, and a weaker immune system.
- These differences are unfair and avoidable. Change is possible.

The building blocks of health

- To create a society where everybody can thrive, we need all of the right building blocks in place including stable jobs, fair pay, quality housing and good education.
- But right now, in too many of our communities, the blocks are unstable. It's time to fix the gaps.
- All council departments play a role in determining the building blocks of health



Reference: How to talk about the building blocks of health. The Health Foundation; 2022 (health.org.uk/publications/how-to-talk-about-the-building-blocks-of-health).

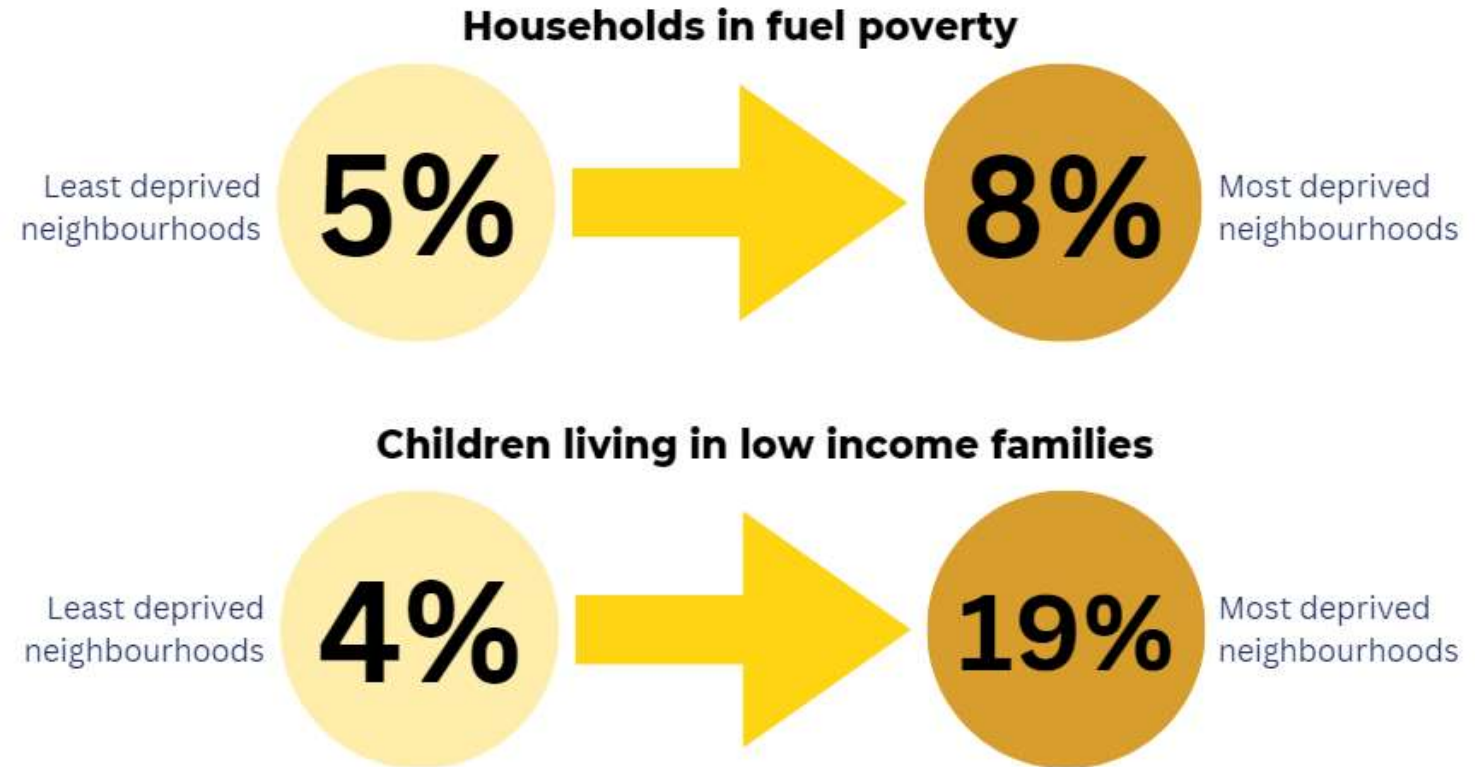
Measuring gaps in the building blocks of health

- We want to know if the building blocks of health are as stable for people living in the most deprived neighbourhoods in Wokingham Borough as they are for those living in the least deprived neighbourhoods.
- If they aren't, we want to know how big the gap is.
- To do this, we need data that:
 - is a good measure of how stable each building block is
 - is available for every neighbourhood within the Borough, covering as many people as possible.
- This data pack shows 1 or 2 pieces of data (indicators) that we think is the best available for showing us the gaps in each building block of health.
- Each indicator shows 2 percentages: one for people living in the most deprived 10% of neighbourhoods and one for people living in the least deprived 10% of neighbourhoods.
- The difference between these 2 percentages is the gap.
- We have measured how confident we can be in the calculations showing this gap in the building blocks of health.
- As a result of this, we can say that all the gaps shown are based on reliable calculations. In other words, they are statistically significant.

Money and resources

- Many things that support good health such as heating homes cost money.
- When money is a struggle people are not able to afford these costs.
- People living in our most deprived neighbourhoods are less likely to be able to afford to heat their homes properly.
- This means that they are cold and being cold causes, and makes worse, a lot of different health problems. This includes problems such as asthma.
- Young children are particularly at risk from the cold leading to illness and time off school.
- Children living in cold homes are less likely to have an environment in which they can do their homework.

See the next slide for more about education and health and wellbeing.



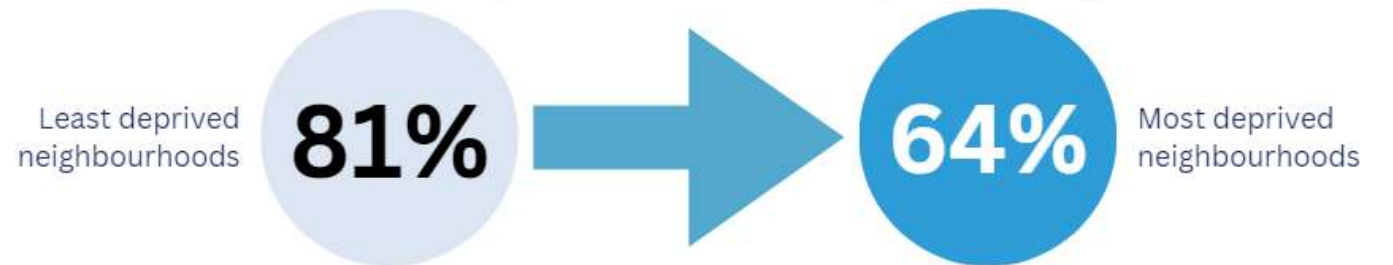
Source: Department for Business Energy and Industrial Strategy, Annual Fuel Poverty Statistics 2022 (data for 2020)
Department for Work and Pensions, StatExplor, Children living in low-income families after housing costs 2021/22

Education and skills

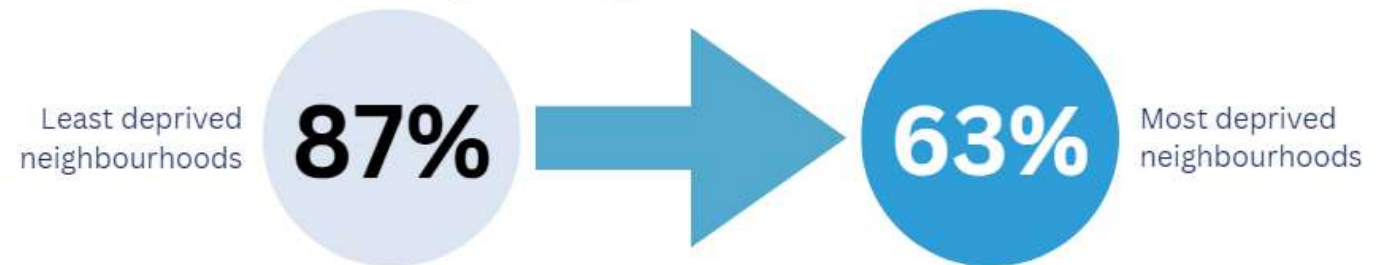
- A good education supports many areas of adult life.
- Some children are not fully benefiting from their education.
- Children who live in our most deprived neighbourhoods are less likely to be school-ready. They are less likely to do well in their GCSEs.
- This means that they are less likely to access good work and feel valued.
- This makes it harder to develop healthy habits, afford a good quality of life, and live and work in safe and healthy environments.

See the next slide for more about work and health and wellbeing.

Children with a good level of development at age 5



Children with good English and maths GCSEs



Source: Department for Education, Early Years foundation stage profile results 2021/22
Department for Education, Key stage 4 performance 2022

Work

- A fairly paid and secure job in a safe, encouraging, and supportive working environment is good for health.
- In our most deprived neighbourhoods, adults are less likely to be in employment.
- The stress of being unemployed or in low-paid, insecure work and needing to make ends meet can lead to poor mental and physical health.
- A lack of income may mean they are less likely to be able to afford to heat their homes properly. Or needing to work multiple jobs will leave little time to buy and prepare nutritious food.

See the next slide for more about food and health and wellbeing.



Source: NOMIS, adult claimant counts April 2022 to March 2023 (out of work benefit claimants)

Food

- To be healthy, we need to eat well.
- When money is a struggle people are not able to access and afford enough healthy food.
- This mean that they will find it hard to maintain a healthy weight and lead a healthy life.
- Children living in our most deprived neighbourhoods are more likely to be overweight.
- Poor quality diets in childhood shape eating habits and preferences with children who have excess weight more likely to have excess weight as adults.
- This makes it more likely that they will develop many health conditions such as cardiovascular disease and have poorer mental health.

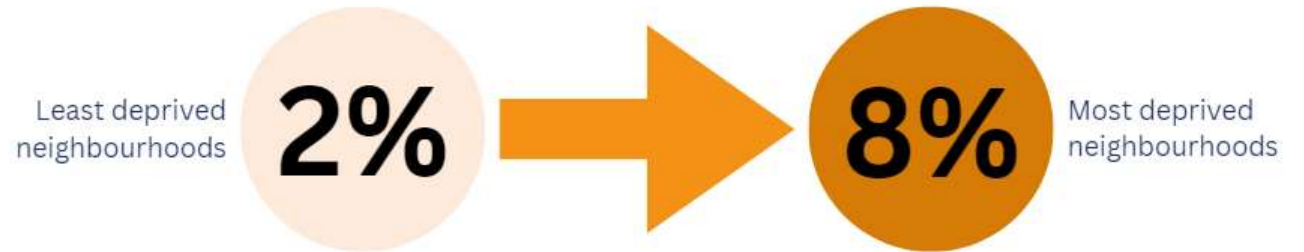


Source: Berkshire Healthcare NHS Foundation Trust, National Child Measurement Programme pupil level data 2021/22

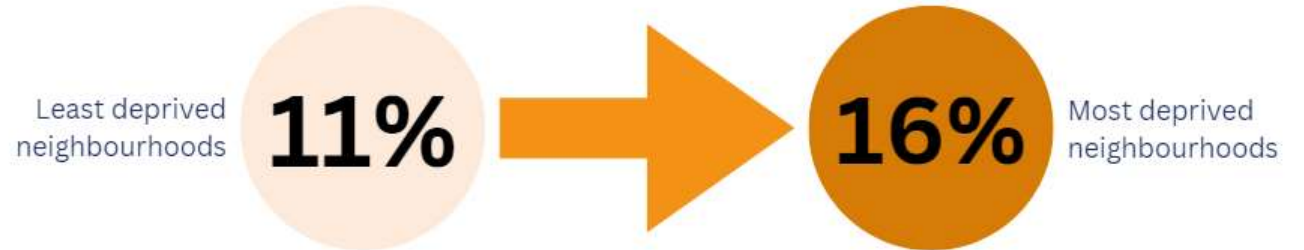
Housing

- A home is an affordable, safe, and comfortable base. It meets the needs of everyone who lives in it. It is well connected to communities, work, and services.
- High housing costs force people to live in poor, overcrowded conditions.
- People living in our most deprived neighbourhoods are more likely to be living in houses that don't meet their needs and don't support good health and wellbeing.
- Living in a house that is overcrowded is stressful. Often moving between different houses can make it hard to engage with services and the local community. Children living in overcrowded housing will have little space to do homework and to play.
- Poor quality housing can lead to injury in the home. Damp and cold causes illnesses such as asthma.

Households either overcrowded, in a shared dwelling, or with no central heating



Percentage of housing built pre-1940

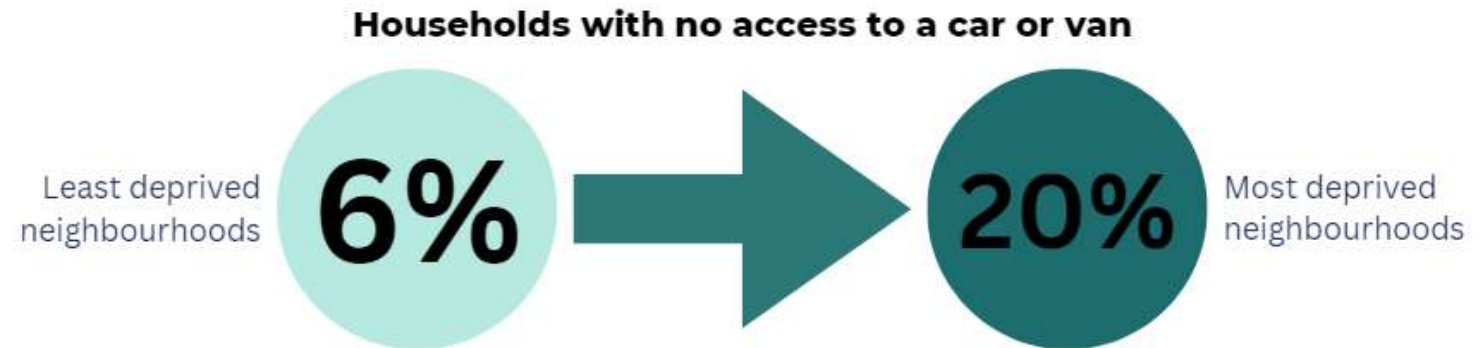


Source: Office of National Statistics, National Census 2021
Valuation Office Agency, Council Tax: stock of properties 2022 (age of dwellings)

Transport

- A healthy and sustainable transport system allows fair access to what people need like jobs and schools. It does as little harm to the environment as possible.
- People living in our most deprived neighbourhoods are less likely to have access to a car or van.
- Those who find it harder to use public transport links will find it harder to access employment, education, and services.
- They may also be apart from friends, families, and communities.

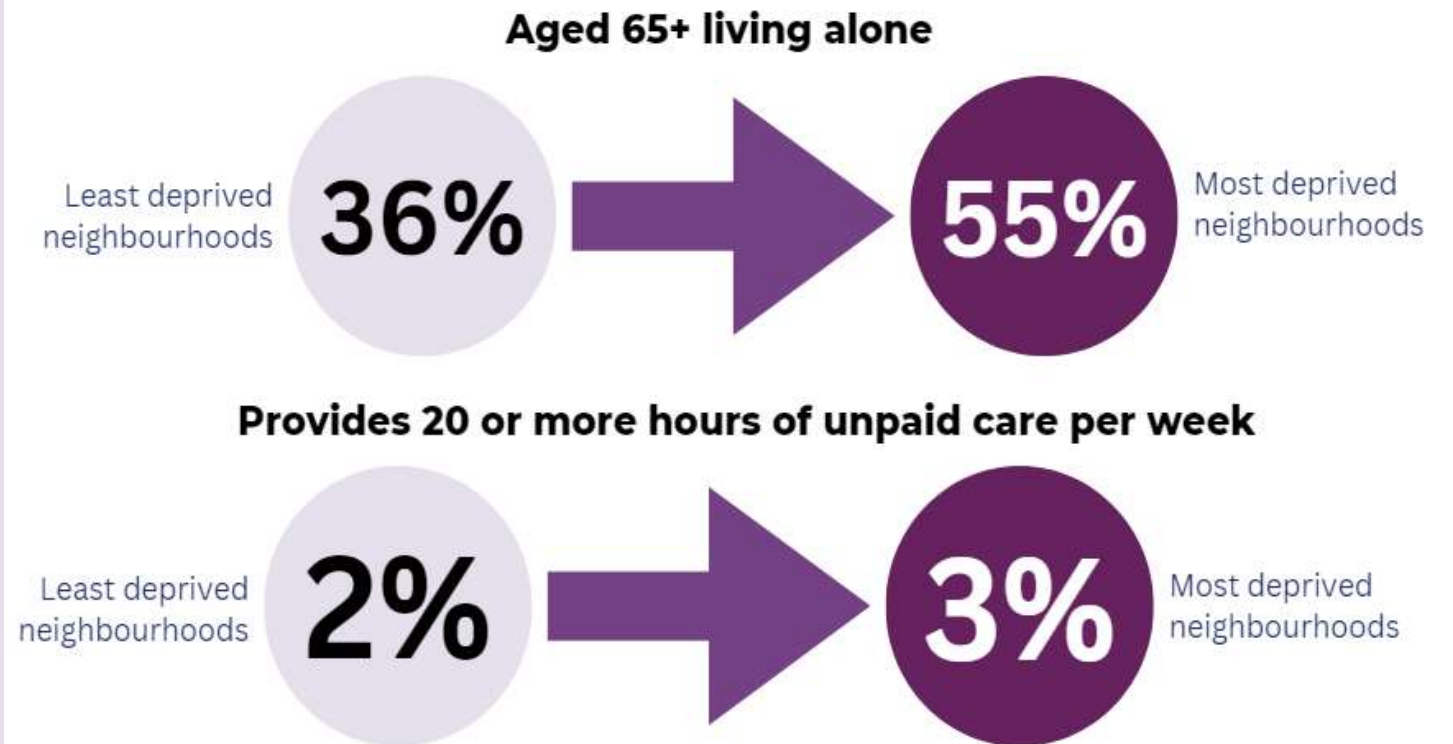
See the next slide for more about friends, families, and communities and health and wellbeing.



Source: Office of National Statistics, National Census 2021

Family, friends and communities

- People need other people to feel supported, valued, and included. People need to feel that they belong and have control over their lives.
- People aged 65 and over living in our most deprived neighbourhoods are more likely to be living alone.
- People living in our most deprived neighbourhoods are more likely to be providing 20 or more hours of unpaid care.
- Living alone and providing unpaid care can make a person feel lonely and isolated.
- Being lonely makes it more likely that a person will have poor mental health. It makes it harder to deal with stress.
- When people are lonely or isolated, they can find it harder to choose healthy options like healthy foods.



Source: Office of National Statistics, National Census 2021

Neighbourhoods and surroundings

- The places around them can support people to stay well.
- One way this can be done is by reducing the amount of pollution in the air outside, and in our homes.
- Children and adults living in our most deprived neighbourhoods are more likely to have asthma.
- Air pollution can make asthma worse. It can lead to asthma attacks which can sometimes lead to people having to go to hospital.
- Asthma can cause problems such as tiredness, absence from work or school, and stress and anxiety.



Source: Connected Care System Insights, Asthma prevalence aged 6+ accessed 14/11/2023

Technical annex (1)

- **Measuring deprivation**
 - The Index of Multiple Deprivation (IMD) is used to measure how deprived each neighbourhood in England is in relation to all other neighbourhoods.
 - It is made up from lots of different data sources that can be used to measure how deprived an area is. For example, it looks at average income levels as well as things like the distance a person would have to travel to access key services such as a pharmacy.
 - We can list all neighbourhoods in England in order from the most deprived neighbourhood to the least.
 - We can then take this list and split it into 10 equal groups called deciles. Each decile contains 10% of the total neighbourhoods in England.
 - We can then see which neighbourhoods in England fall into each decile. Those falling in decile 1 are the most deprived, those in decile 10 are the least deprived.
- **Deprivation within Wokingham Borough**
 - There are 105 neighbourhoods in Wokingham. Each neighbourhood contains around 1,000 people.
 - When we look which IMD decile Wokingham neighbourhoods fall in, most are in the least deprived decile (decile 10) and none are in deciles 1, 2, or 3
 - This makes it difficult to group Wokingham neighbourhoods into the least and most deprived to measure differences between these two groups
 - To help us with this, we can use the IMD to look at just the 105 neighbourhoods in Wokingham Borough and then list them in order from the most deprived to the least.
 - We can then take this list of 105 and split into 10 equal groups (deciles). Each decile now contains 10% of the total neighbourhoods in Wokingham.
- **Grouping data for the most/least deprived 10%**
 - All the data used within the pack is available for every neighbourhood in the Borough.
 - The data contains a numerator (e.g. the number of households with no access to a car/van) and a denominator (e.g. total number of households)
 - We have identified the numerators and denominators for all neighbourhoods that are either amongst the most or least deprived 10% of neighbourhoods in the Borough.
 - We have then calculated a total numerator and denominator for these neighbourhoods to give us a single numerator and single denominator for the most deprived 10% and the same for the least deprived 10%.
 - We have used these to calculate a percentage for the most deprived neighbourhoods and a percentage for the least deprived neighbourhoods that we can now compare.
- **Measuring confidence around our calculations**
 - It is sometimes difficult to judge if any difference seen in the data between two groups is significant.
 - This is because a percentage is a way of summarising data which doesn't tell us everything such as the number of people we have calculated the percentage on.
 - Sometimes very big gaps aren't significant because the number of people we have based the calculation on is small.
 - Sometimes small gaps are significant because we have based the calculation on a large groups of people.
 - To help us to decide if a gap between people living in the most deprived areas and those living in the least deprived areas is significant, we have calculated something called confidence intervals around our percentages.
 - Confidence intervals are calculated using the number of events (or people) that the data is taken from and a set value stating how confident we need to be in our calculation. We chose a confidence level of 95%.
 - Once calculated, these confidence intervals tell us what the possible range in which a value lies allowing for any statistical error. We have a lower confidence interval and an upper confidence interval and we can say that we are 95% confident that the "true" value sits between these 2 intervals.

Technical annex (2)

- **Measuring confidence around our calculations continued**
 - Once we have calculated the confidence intervals for two percentages, we can use them to decide if any gap we see is statistically significant.
 - If the lower confidence interval around one percentage is higher than the upper confidence interval of another percentage, we can say that they first percentage is statistically significantly higher than the second
 - If the upper confidence interval around one percentage is lower than the lower confidence interval of another percentage, we can say that they first percentage is statistically significantly lower than the second
 - If the upper/lower confidence intervals around both percentages overlap, then any difference is not statistically significant

Calculations used to produce this data

Building block	Indicator	Deprivation decile	Numerator	Denominator	%	LCI	UCI Sig.
Money and resources	Households in fuel poverty	1	381	4690	8%	7%	9% Worse
		10	311	5947	5%	5%	6%
	Children in low income households	1	504	2669	19%	17%	20% Worse
		10	137	3067	4%	4%	5%
Education and skills	Children with a good level of development at foundation stage	1	117	182	64%	57%	71% Worse
		10	123	152	81%	74%	86%
	Children with good English and maths GCSEs	1	86	136	63%	55%	71% Worse
		10	132	151	87%	81%	92%
Work	Adults claiming out of work benefits	1	329	7572	4%	4%	5% Worse
		10	95	8802	1%	1%	1%
Food	Overweight prevalence amongst year 6 pupils	1	191	479	40%	36%	44% Worse
		10	147	606	24%	21%	28%
Family, friends and communities	Aged 65+ and living alone	1	544	995	55%	52%	58% Worse
		10	708	1957	36%	34%	38%
	Unpaid care	1	322	11956	3%	2%	3% Worse
		10	253	15065	2%	1%	2%
Housing	Housing deprivation	1	369	4597	8%	7%	9% Worse
		10	132	5836	2%	2%	3%
	Pre-1940	1	780	4840	16%	15%	17% Worse
		10	640	5980	11%	10%	12%
Neighbourhoods and surroundings	Asthma	1	911	13732	7%	6%	7% Worse
		10	1000	19199	5%	5%	6%
Transport	No car or van	1	906	4593	20%	19%	21% Worse
		10	378	5829	6%	6%	7%