

Older People

Joint Strategic Needs Assessment



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Key Findings (1)

Older Adults in Islington

Islington has a significantly younger population compared to London and England. However, our **older population aged 65 and above is expected to grow by 35%** over the next 10 years. Our ageing population is a primary driver of adult social care demand.

The life expectancy of males in Islington was significantly lower than the life expectancy of males across London. Gender, ethnicity, disability and socio-economic status are all factors that influence life expectancy.

Older adults in Islington were **more likely to be obese or severely obese** but **less likely to be a current smoker** when compared to the overall adult Islington population.

Older Islington residents were **significantly less likely to receive winter fuel payment** than older adults across England.

The most common health condition adults over the age of 65 in Islington were expected to experience was cancer, and **Islington had the 5th highest rate of cancer and respiratory disease** of all 32 London boroughs.

The rate of falls and fractures in Islington were both significantly higher than the rates across London but significantly lower than the rates across England

Key Findings (2)

Older Adults in Adult Social Care

The older Adult Social Care population of Islington were significantly more likely to be 85+, female and black or other ethnic groups when compared to the general older Islington population.

The levels of deprivation across Islington varies considerably. However, the older residents that we support were significantly more likely to live in the more deprived areas of the borough.

Of the residents we support in a nursing or residential care home, 72% were older adults. However, we still support more older adults in the community (71%) rather than in residential care (15%) and nursing homes (14%).

A higher proportion of carers and residents with a carer were younger (<65).

95% of the residents we support and who are known to have dementia are over the age of 65. Residents with dementia were significantly more likely to be female, over the age of 85 and Black or 'other ethnic group'.

Older residents we support and who have a learning disability were significantly more likely to receive support in a care home when compared to younger residents with a learning disability. Although numbers are low, the projected number of individuals requiring learning disability support is expected to rise by 55% over the next 10 years.



Islington's Older Adult Population

This section explores the population demographics of all adults aged 65 and over who live in the London Borough of Islington and what impacts how they age. Throughout this analysis where the term 'older adult' is used, it can be assumed that it means 65+. Where this is not the case the age group represented will be stated.

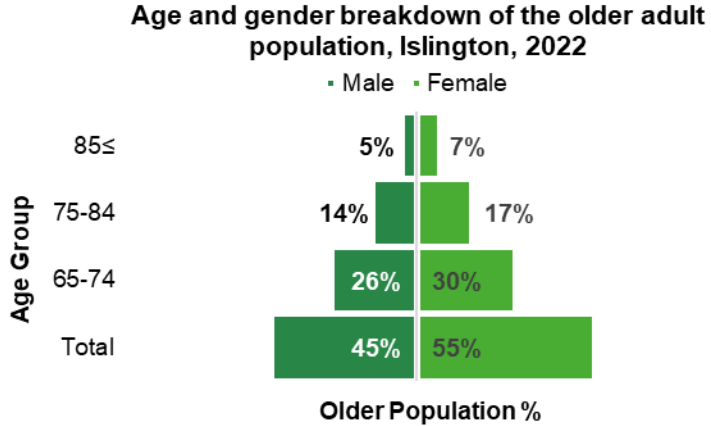
Population Demographics and Healthy Ageing

In 2022, the London Borough of Islington had approximately 208,000 adult residents, of which 22,948 were older adults. An older adult is defined in this analysis as any individual aged 65 or above. Islington is a London borough with a diverse range of demographic characteristics. This section will explore the population characteristics of the general older Islington population.

Age and gender

Islington has a young population, with only **11% of the Islington’s adult population aged 65 or over (22,948 people)**¹. Islington has a significantly lower older population when compared to London (16%)¹ and England (23%)².

As seen in the population pyramid below, the proportion of the population for each age group decreases with age, and the majority of the older residents are female (55%)¹.

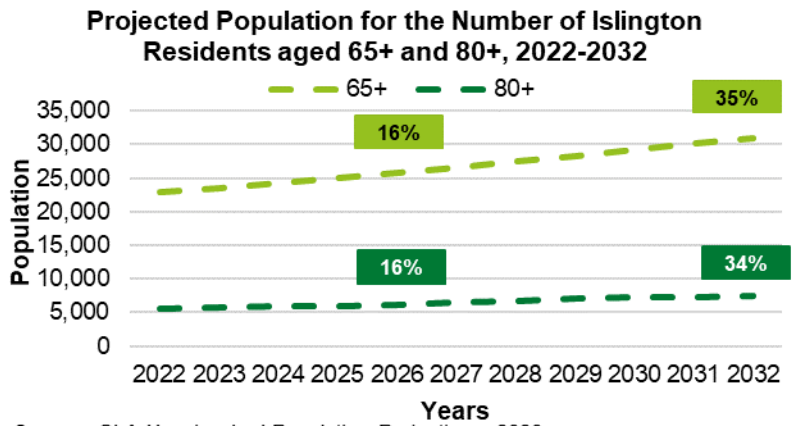


Source: GLA Identified Capacity Scenario (2020)

Population projections

Our older population aged 65+ is projected to grow more quickly (16% by 2026 and 35% by 2032), which equates to a growth of around 7,798 individuals over the next 10 years. When only considering the 80+ adult population, similar growth rates are also expected (16% by 2026 and 34% by 2032).¹.

Our ageing population is a primary driver of adult social care demand.

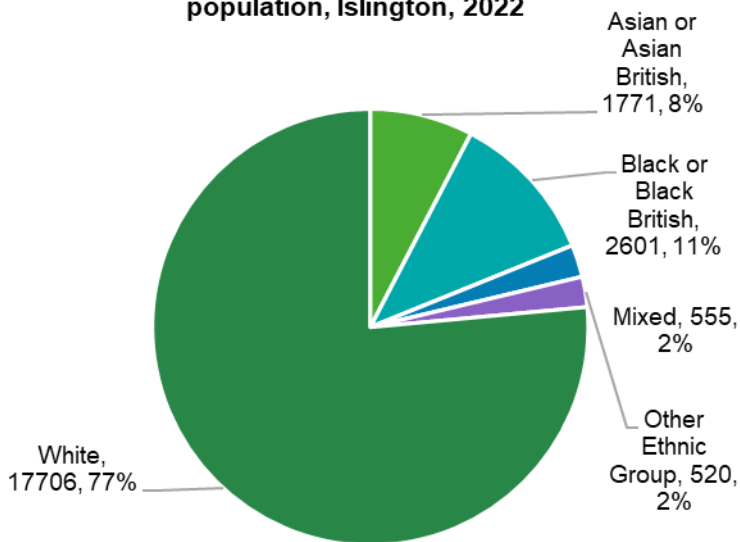


Source: GLA Housing Led Population Projections, 2020

Ethnicity

London is the most ethnically diverse region of England³. In 2022, **5,452 (24%) of Islington's older residents identified as Black, Asian or minority ethnic**. With Black or Black British residents making up the largest proportion (2,601 (11%)). In Islington, there is a significantly lower proportion of Black, Asian or minority ethnic older residents (24%) when compared to the number of younger (<65) residents (29%)⁴.

Ethnicity breakdown of the general older population, Islington, 2022

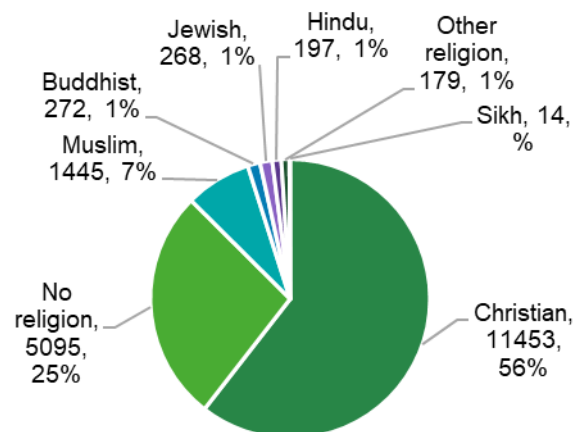


Source: Ethnic Group Projections (2016-based housing-led)

Religion

In Islington, 2375 (12%) of older residents connect or identify with a religion other than Christianity. The proportion who identify with a religion other than Christianity with significantly lower than London (20%), but significantly higher than across England and Wales (5%). This reflects London being the most diverse area on England.

Proportion of older adults residents by their religion, Islington, 2021



Note: 1401 (7%) of resident did not answer this question when completing the census. They are not included in this graph.

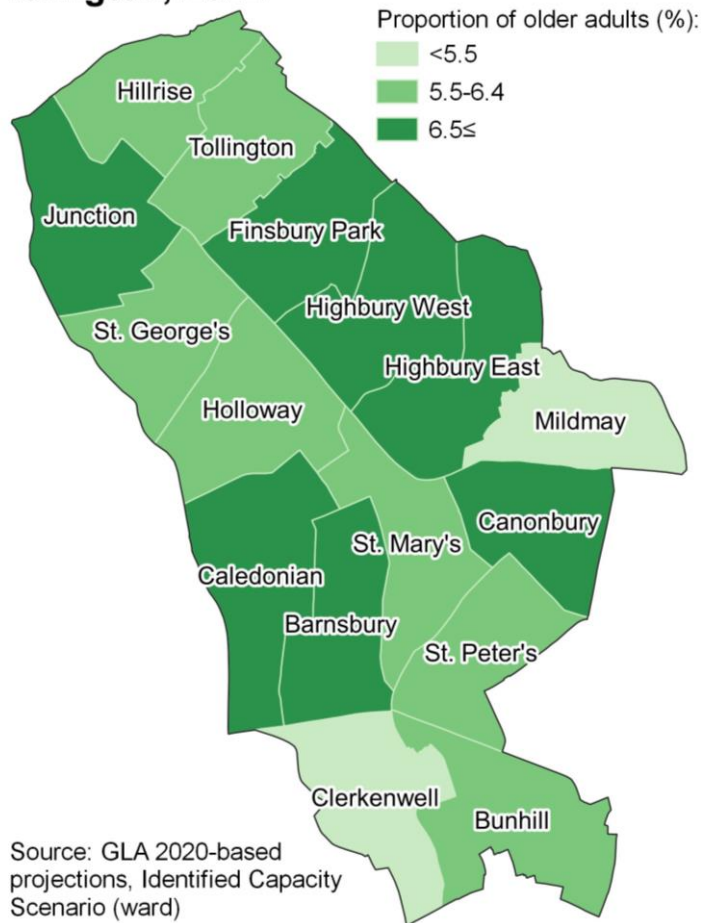
Source: Census 2021

Across England the number of irreligious people is increasing. In 2021, 5095 (25%) of older residents did not identify with any religion, this was significantly higher than London (16%) and England and Wales (18%)²¹.



Islington is the second most densely populated borough of London²⁰. Islington's ward, **Clerkenwell**, has the lowest proportion of older aged adult residents (4.8%), and **Finsbury Park** has the highest (6.9%). Barnsbury, Canonbury, Highbury East, Hillrise, Junction, St George's and St. Mary's all had a significantly higher proportion of the older adult population when compared to the overall adult population⁵.

Proportion of older adults by ward, Islington, 2022



Source: GLA 2020-based projections, Identified Capacity Scenario (ward)

Gender, ethnicity, disability, socio-economic status and social exclusion are all factors that influence life expectancy and can lead to inequalities⁷. **The life expectancy of men in Islington was significantly lower compared to the average life expectancy in London.** However, the disability-free life expectancy of women is significantly higher in Islington compared to England⁶.

	Males			Female		
	LE	HLE	DF	LE	HLE	DF
Islington	79.5	63.0	62.0	83.2	63.8	64.8
London	80.3 ¹	63.8	64.4	84.3	65.0	63.3
England	79.4	63.1	63.3	83.1	63.9	60.9 ²

Note: LE—Life Expectancy, HLE—Healthy Life Expectancy, DF—Disability-Free Life Expectancy. Red ¹ - Significantly higher than Islington, Blue ² - Significantly lower than Islington.

Source: Productive Healthy Ageing Profile, PHE Fingertips

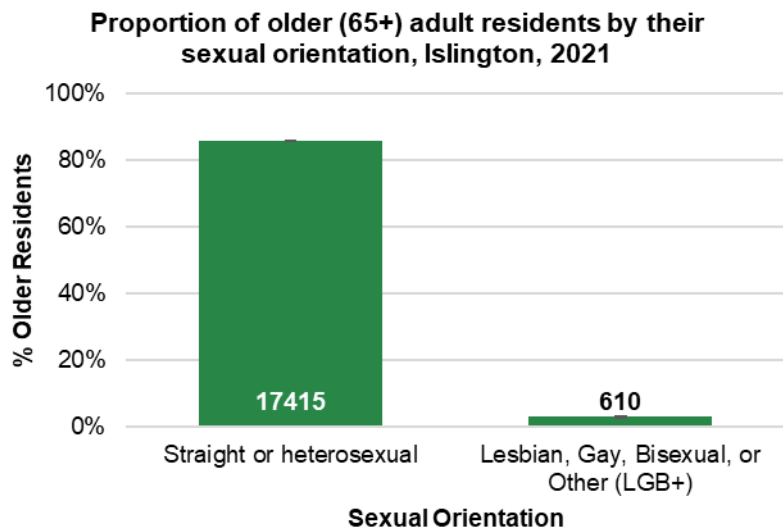


Sexual Orientation and Gender Identity

The 2021 census provided the most complete and granular understanding of the LGBTQIA+ community to date, and included a breakdown of this demographic characteristic by age.

Sexual Orientation

In 2021, 610 (3%) older residents who took part in the census self-identified as LGB+ (Lesbian, Gay, Bisexual, Pansexual, Asexual, Queer or other). A significantly higher proportion of older residents identified as LGB+ when compared to England and Wales (1%), whereas, a higher proportion of younger Islington adults (<65) identified as LGB+ (9%)²¹.

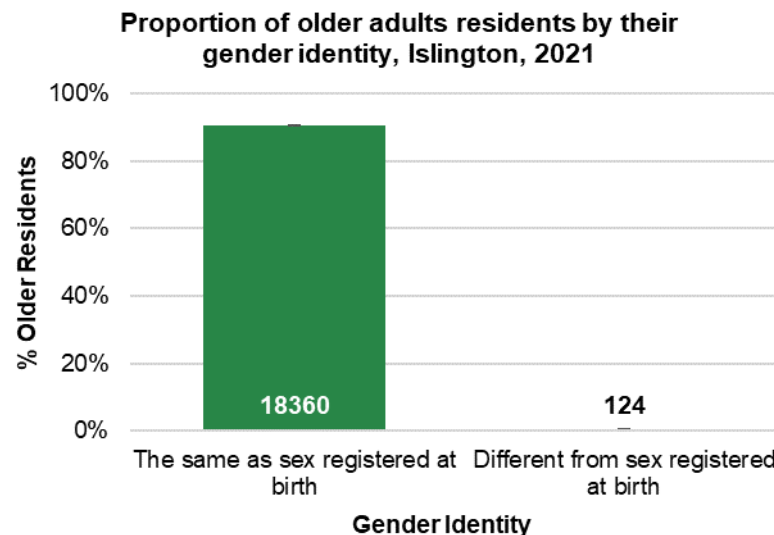


Note: 2295 (11%) of resident did not answer this question when completing the census. They are not included in this graph.

Source: Census 2021

Gender Identity

In 2021, 124 (0.6%) identified with a gender identity different from their sex registered at birth (Trans Women, Trans Man, Non-binary, Trans (unspecified), Trans (other)). Similarly to LGB+, a significantly higher proportion of older residents identified as trans when compared to England and Wales (0.2%) and there was a significantly higher proportion of younger trans adults (1.0%) residents than older²¹.



Note: 1835 (9%) of resident did not answer this question when completing the census. They are not included in this graph.

Source: Census 2021

What impacts ageing well?

Many factors can impact how we age. In this section we have categorised them into three key areas:

- **Wider determinants** – these are a diverse range of social, economic and environmental factors which impact on people's health.
- **Healthy living** – taking care of one's physical health, including eating nutritious foods, limiting alcohol intake and not smoking.
- **Common conditions** – conditions including physical or mental health and wellbeing, cognitive functioning and falls and fractures can impact ageing.

Wider Determinants



Winter Deaths

In 2020/21, adults aged 90+ had the highest winter mortality index. In the same year, **there were 60 excess winter deaths in the 85+ population of Islington**. Since 2009/10, there has been no significant difference in Islington's winter mortality index when compared to that of England⁶.



Fuel Poverty

In 2019/20, **89.8% of Islington residents aged 65 or over received a winter fuel payment, which was significantly lower than the proportion across England (94.1%)**. Since 2015/16, the number of Islington residents receiving this payment has been slowly decreasing⁶.



Economic Activity

In 2021, the retirement age for state pension was 66 years old. In that year, 15,859 (9%) of Islington's 16+ population were economically inactive through being retired. **The proportion of retired people increased in Islington between 2011 and 2021 census**²¹.

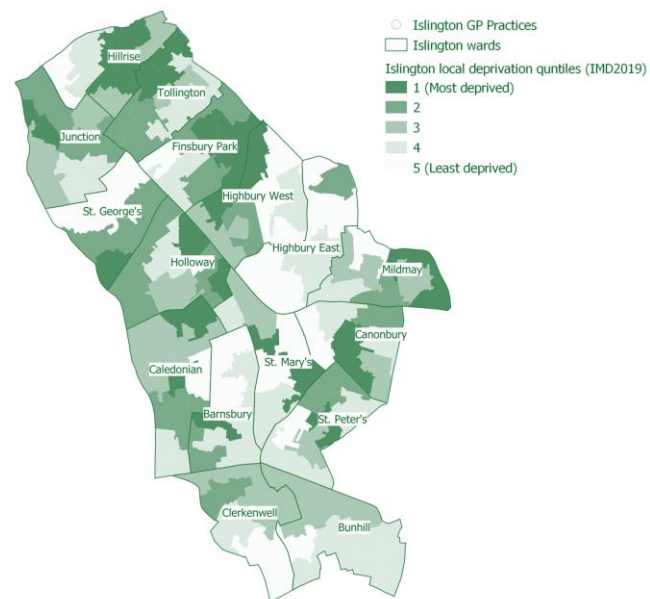
* All data collected from Healthelntent on the 24/01/2023



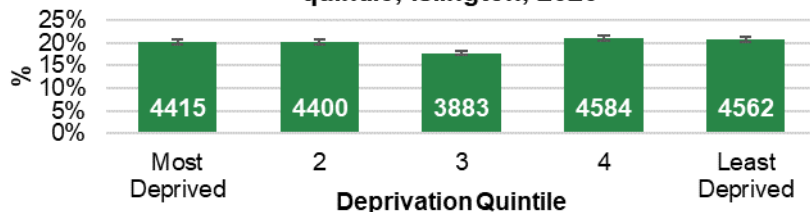
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Deprivation

This map shows the variation in deprivation within Islington by Lower Layer Super Output Areas (LSOAs). The darkest colours show the most deprived areas of the borough, while the light colours are the least deprived areas.



Population of older residents by local deprivation quintile, Islington, 2020



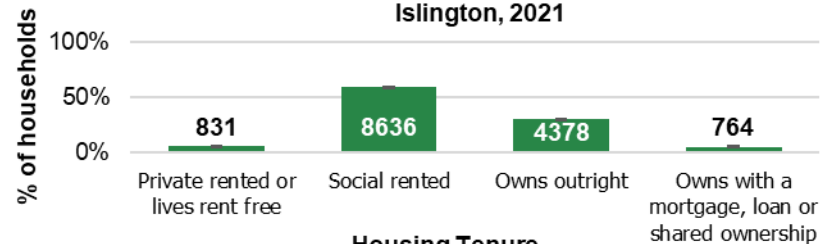
Note: National level deprivation ranking were used to create local level deprivation rankings.
Source: ONS Lower layer Super Output Area population estimates (2020), Index of Multiple Deprivation

Islington is the 53rd most deprived local authority in England and the 6th most deprived in London¹¹. In 2020, 4415 (20%) of older residents lived in the most deprived areas of the borough, and this proportion was significantly higher when compared to younger adults²⁴. In 2019, 33.6% of older residents experienced deprivation specifically related to low income. The proportion across England was less than half this (14.2%)¹².

Housing Tenure

In 2021, only 30% of all households in Islington where the household reference person was over 65 owned it outright. This was the 4th lowest of any London borough. Islington also had the 3rd highest proportion of social rented housing tenures (59%) when compared to all boroughs.

Proportion of households where the household reference person is aged 65 and over by their housing tenure, Islington, 2021



Source: Census 2021





Obesity

In 2020-2021, Islington was estimated to have the lowest number of adults (18+) with excess weight (overweight or obese) when compared to all local authorities in England (FingerTips)⁸.

In 2023, GP records showed that 5,225 (22%)* of residents over the age of 65 were known to be obese or severely obese. This was higher than the proportion of adults in the general Islington population (9.8%)*⁹.



Smoking

In 2023, GP records showed 3,191 (14%)* of older residents were recorded as a current smoker⁶. This is lower than the proportion of smokers in the overall Islington adult population (15.3%)*⁹.

In 2021, the ONS estimated similar levels of smoking in Islington's 18+ population (11.5%) and a prevalence of 8% for all UK adults age 65+. The ONS used the Annual Population Survey rather than GP records¹⁰.



Alcohol

In 2023, GP records showed 1,257 (5%)* of residents over the age of 65 were known to experience alcohol abuse or dependency⁶. This was higher than the proportion in the overall Islington adult population (2.6%)*⁹.

In 2021-2022, males residents over the age of 65 had 3.5 times the rate of admission for an alcohol-related condition compared to females. Islington had the 2nd and 3rd highest admission rates for males and females, respectively, when compared to all London borough⁶.



Physical Activity

Physical activity is one of the best interventions to prevent multiple common conditions affecting older people, including dementia and cardiovascular disease. **The NHS recommend older adults (65+) complete at least 150 minutes of activity per week.**

In 2020/21, only 50.7% of Islington's older adult population meet this recommendation. This is less than the proportion of Islington adults aged 18-64 (75.6%), but similar to the proportion of over 65's across London (51.6%) and England (50.6%)*²¹.



Common Conditions

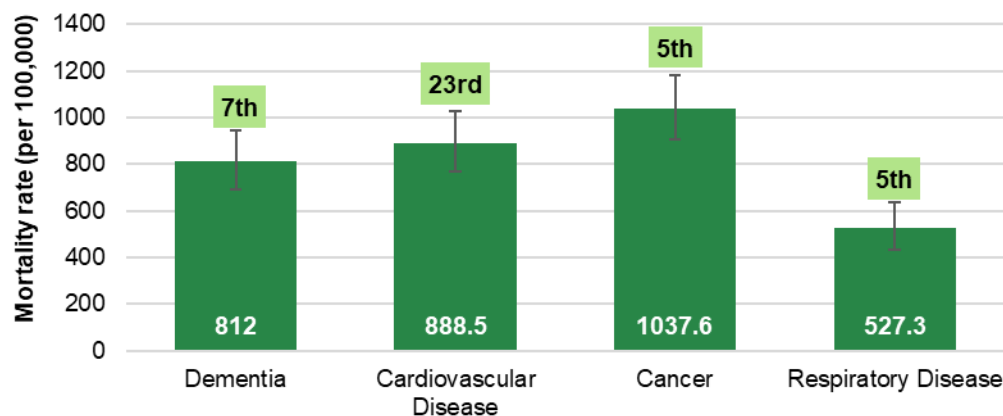
In 2021, **22.3% of Islington residents were classified as disabled (16.2%) or had a long term physical or mental health condition (6.1%)**. Islington is the borough of London with the largest proportion of disabled residents.

As the majority of people die when their older adults, this means that this population is the largest influencer of cause of death. In June 2022, the most common cause of death in England was dementia and Alzheimer's disease, which accounted for 10.8% of all registered deaths. Cancer, cardiovascular diseases and respiratory diseases are all other common causes of death.

In 2020 and 2021, COVID-19 was another leading cause of death, especially in older people. However, in June 2022, the common causes of death began to realigned with pre-pandemic causes and COVID-19 dropped to the 15th most common^{14,15}.

This graph shows the directly standardised mortality rates in Islington for dementia, cardiovascular diseases, respiratory diseases and cancer, along with how they rank compared to all London boroughs⁶. **Of the four conditions, Cancer has the highest mortality rate and respiratory disease has the lowest. However, both these conditions had the worst ranking when compared to other boroughs rates⁶.**

Directly standardised mortality rates (per 100,000) for dementia (2019), cardiovascular diseases, cancer and respiratory diseases (2020), Islington



Note: Directly standardised mortality rate for dementia is from 2019, whilst cardiovascular disease, cancer and respiratory disease rates are from 2020. Rank is related to all London Boroughs and where 1st has the highest rate.

Source: Productive Healthy Ageing Profile, PHE Fingertips

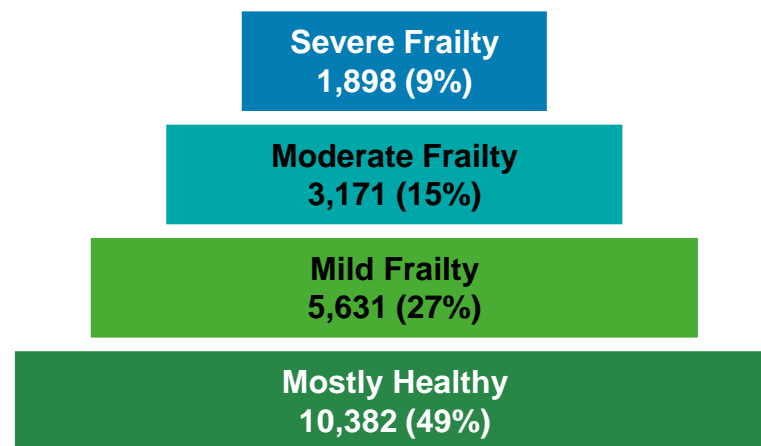


Frailty

Frailty is related to the ageing process, that is, simply getting older. It describes how as people grow older, they gradually lose their in-built reserves, leaving them vulnerable to dramatic, sudden changes in health triggered by seemingly small events such as a minor infection or a change in medication or environment. Frailty therefore defines the group of older people who are at highest risk of adverse outcomes such as falls, disability, admission to hospital, or the need for long-term care.

The pyramid to the right shows the proportion of the older population 2018 by their frailty status. In 2018, **10,700 (51%) of our older population had at least mild frailty.**

For more information of frailty please see the [frailty and falls joint strategic needs assessment](#).²⁵

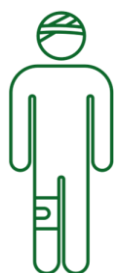


Visual Impairment



In 2019/20, 150 older adults (aged 65-74) in Islington were registered as blind or partially sighted in 2019/20. The crude rate of visual impairment was 1,236 per 100,000 which was the second highest of any borough in London⁶.

Falls and Fractures



Older adults, particularly those aged 80+, are the most likely to experience a falls, which is the leading cause of fractures along with weaker bones¹⁶. **In 2020/21, 415 (1,959 per 100,000) and 95 (445 per 100,000) older adults (65+) in Islington were recorded as having an emergency hospital admission due to a fall and hip fracture, respectively.** For both the rate of falls and fractures, Islington had a higher rate we compared to London, but a lower rate when compared to England⁶.



Islington's Older Adult Population in Adult Social Care

This section is an analysis of all adults aged 65 and older who receive adult social care support from Islington Council. The section explores their demographics in comparison to the general older Islington population, and how they are supported. This analysis does not include individuals in receipt of privately funded care.

Population Demographics and Healthy Ageing

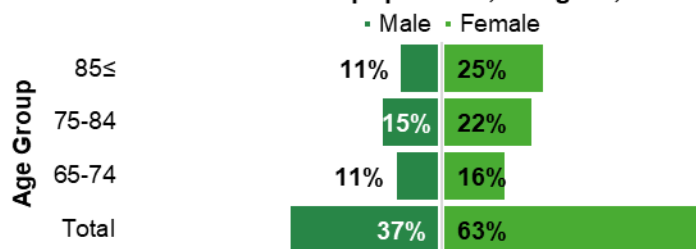
In Adult Social Care support is provided for adults aged 18 and over. This section will take a specific subset of the Islington Adult Social Care population, those aged 65 and above, and explore their population characteristics.

Age and gender

Of the 22,948 older adults in Islington, 2,720 (11%) receive support from Adult Social Care. The majority of residents receiving support are older adults (53%), and this is significantly higher than the proportion of over 65-year-olds in the Islington adult population (11%).

The older ASC population were significantly more likely to be female and over the age of 85 when compared to the general older Islington population¹⁷.

Age and gender breakdown of the older adult social care population, Islington, 2022



% Older ASC Population

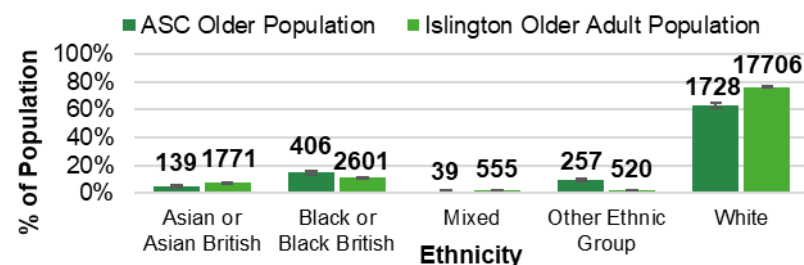
Note: One individual in the ASC population identified as Gender Neutral, this individual was not included in the graph as there was no suitable comparator population

Source: Internal all services Islington ASC data 2021-22

Ethnicity

In 2022, 841 (31%) of the older ASC population identify as Black, Asian or minority ethnic. This is significantly higher than the general Islington older population (24%).

Proportion of older adults receiving Adult Social Care support by ethnicity, Islington, 2022



Notes: 151 (6%) individuals from the ASC population had a postcode that was out of borough or missing/refused and so were excluded from the graph.

Source: Ethnic Group Projections (2016-based housing-led), Internal all services Islington ASC data 2021-22

Black or Black British (15%) and 'other ethnic group' (9%) residents were significantly overrepresented in the older ASC population when compared to the general older Islington population. All other ethnicities were significantly underrepresented¹⁷.

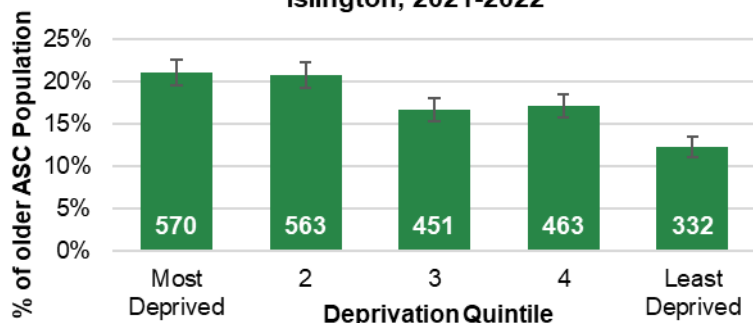


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The map on page 7 shows that the levels of deprivation across Islington vary considerably. However, **the graph below shows that the residents we support in Adult Social Care were significantly more likely to live in more deprived areas of the borough.** 570 (21%) of the older residents we support live in the most deprived areas of Islington, and 563 (21%) live in the second most deprived areas ¹⁷.

The graph below shows that people needing ASC support decreased as deprivation decreased. The least deprived areas in Islington have the lowest proportion of people receiving ASC support (332 (12%))¹⁷.

Proportion of the older Adult Social Care population by local deprivation quintile, Islington, 2021-2022



Notes: 328 (13%) and 13 (0.5%) of individuals from the ASC population has a post code that was out of borough or missing/refused, respectively, and so were excluded from this graph.

Source: Internal all services Islington ASC data 2021-22

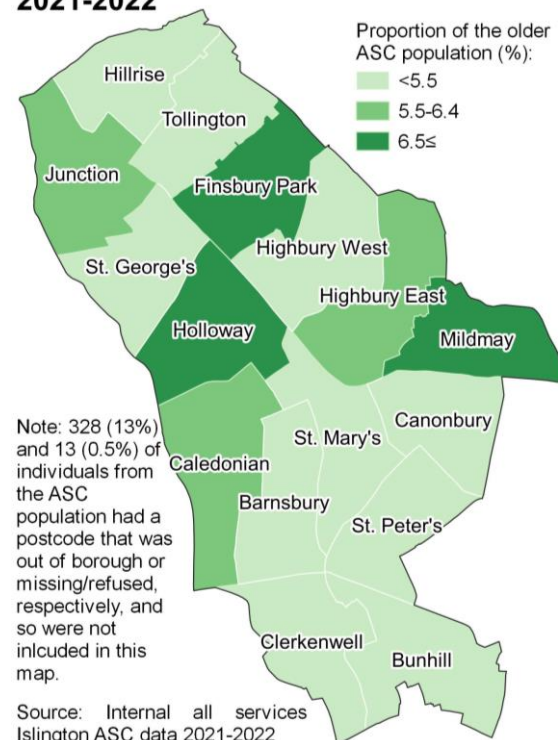
This map shows the proportion of the older ASC population by the wards of Islington. Finsbury Park was the ward with the highest proportion of the older ASC population (7.9%), whilst Clerkenwell had the lowest proportion (3.9%). Mildmay was the only ward with a significantly higher proportion of older ASC population when compared to the general older Islington population.

When comparing geographical deprivation across the borough (page 7) against the proportion of ASC residents by ward, all three wards with a higher proportion of the older ASC population had some of the most deprived LSOAs.

Whereas areas with lower proportions of the older ASC population, such as Clerkenwell and Bunhill, had some of the least deprived LSOAs.

This supports the analysis in the deprivation section¹⁷ (left).

Proportion of older Adult Social Care population by ward, Islington, 2021-2022



How we support ageing well?

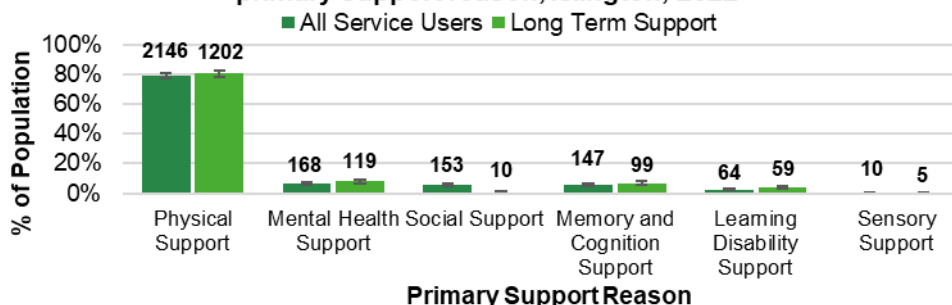
The purpose of Adult Social Care is to provide appropriate support to residents to ensure they can live the life they want, which is independent, safe and of good quality. This section explores how we support older residents of Islington who require ASC services.

Primary Support Reason

Of the 2,720 older people we support in the 2022, **55% (1,494) received long-term support from the council**¹⁸.

Physical support, which includes access and mobility and personal care support, was the most common primary support reason for older adults. A significantly higher proportion of all older service users received social support when compared to those in receipt of long-term support. This includes substance misuse, asylum seekers and social isolation support. Whilst older residents receiving long term support were significantly more likely to have a primary support reason of 'learning disability support'^{17,18}.

Proportion of all older adults receiving Adult Social Care support compared to those receiving long term support, by primary support reason, Islington, 2022



Notes: 32 (1%) individuals from the all services ASC population had a missing primary support reason and so were excluded from the graph

Source: Internal ASC SALT data returns 2021-22, Internal all services Islington ASC data 2021-22

Sensory Impairment

Sensory impairments are common age-related conditions. Whilst only 10 (0.4%) of older residents we support have a primary support reason for sensory support, **the actual number with at least one sensory impairment is much great at 321 (12%)**. Of the people with a sensory impairment that we support, 69% are over the age of 65¹⁷.



Visual Impairment

209 (8%) of older people that we support were known* to have a visual impairment¹⁷.



Hearing Impairment

196 (7%) of older people that we support were known* to have a visual impairment¹⁷.

*Note: The visual and hearing impairment status was unknown for 968 people.



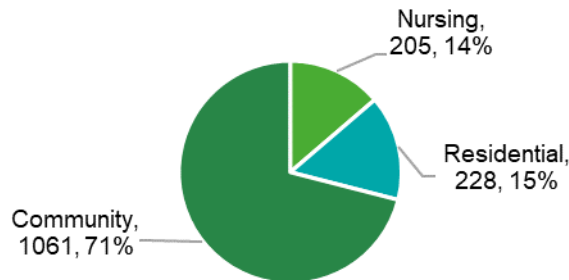
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Support Setting

Adult social care works to ensure our residents live healthy, independent lives. **The majority of older people receive support in the community or at home (71%).** The remaining 29% receive support in a care home.

Based on population projections, the number of people requiring ASC support in all support settings is estimated to increase over the next 10 years. A key driver of this rise is the projected increase in older people living longer in the borough^{1,18}.

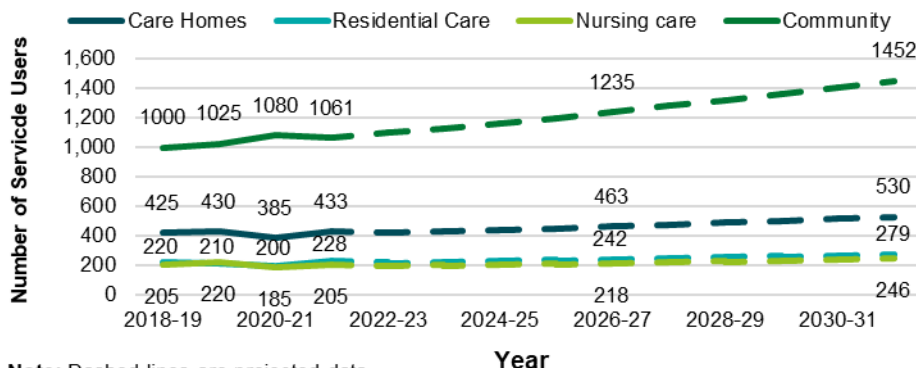
Proportion of older people receiving long term Adult Social Care support by support setting, Islington, 2021-2022



Note: Prison is also a possible support setting in this return, however, Islington Council Adult Social Care service support no individual in this setting

Source: Internal ASC SALT data returns 2021-22

Projected number of 65+ residents by support setting, Islington, 2018-2019 - 2031-2022



Note: Dashed lines are projected data.

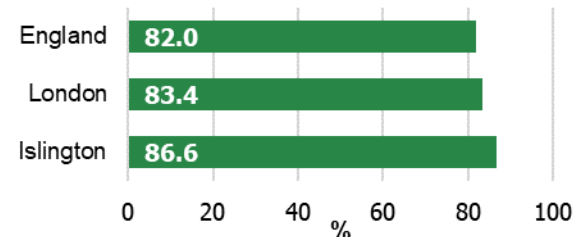
Source: Internal LTS001b ASCFR, GLA Identified Capacity Scenario

Reablement

In 2019/20, 2.8% of older people in Islington received a reablement service after discharge from hospital, this was similar to that observed in England (2.6%), but less than London (3.4%)^{6,19}.

In Islington, 112 individuals aged 65 or over were supported through reablement. Of these individual supported, 97 (86.6%) were still at home after 91 days^{6,19}. Furthermore, 96% went on to have low level or no support post-reablement¹⁹.

Proportion of older adults who were still at home 91 days after discharge from hospital into reablement/rehabilitation services, 2019/20



Source: NHS Digital ASCOF Measures Detail



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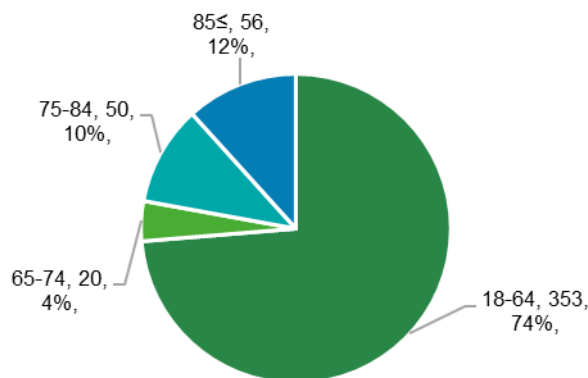
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Carers

In 2021, **2,796 carers were registered with Islington's Carer's Hub. In the same year, 1910 (9%) of older Islington residents self identified as a unpaid carer through the census.**

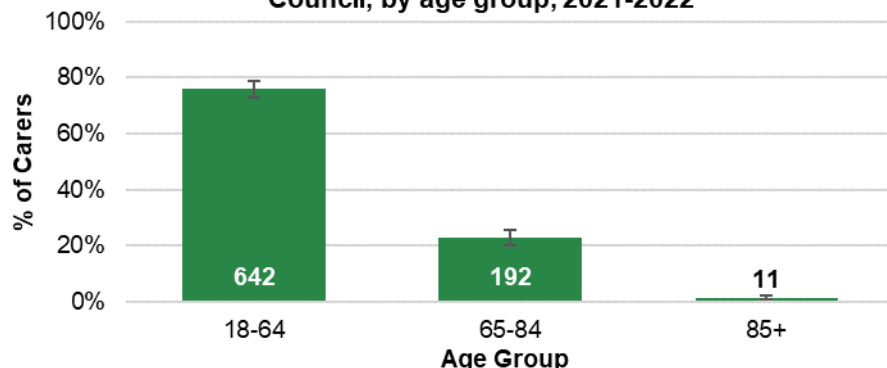
However, only 845 carers aged 18 and over were in contact with the council for support. The majority of carers are younger; however **we still have 203 (24%) older people caring¹⁸.** Similarly, the majority of people needing a carer are also younger people. **126 (26%) older people have carers^{17,8}.**

Residents supported with a carer (aged 18 or over), by age group, 2021-2022



Source: Internal all services Islington ASC data 2021-22; SALT LTS003 2021/22

Adult carers (aged 18 or over) known to Islington Council, by age group, 2021-2022



Note: SALT data includes carers contacted during the year whether or not they get a service between 01/04/2021 and 31/03/2022 (n=845)

Source: SALT LTS003 2021/22

Vaccination



Below are the rates of vaccination uptake for individuals over the age of 65 and known to Adult Social Care. All individuals considered had to be eligible for the vaccine⁹.

COVID-19 1st Dose

91.7%

COVID-19 2nd Dose

89.4%

COVID-19 Booster

94.9%

COVID-19 Autumn Booster (2022)

66.7%

COVID-19 Spring Booster (2023)

43.6%

Flu Vaccine –2022/23

62.7%

Note: Vaccination uptake rates were as of 22/05/2023. Flu vaccination rates were mid season.



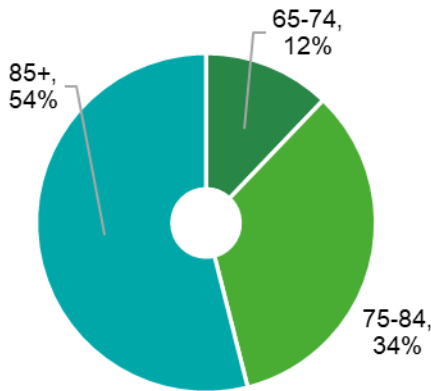
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In 2021-22, 569 older adults who received support were known to have dementia. Of the total ASC population who are known to have dementia, 95% are older adults. The total number of Islington residents with dementia is around 1,119 (4.75%)⁶.

Age

Dementia is a disease strongly associated with ageing. **307 (54%) of the older ASC population, over the age of 85**, are known to have dementia. The proportion of people supported by the Council that are known to have dementia increases as age increases¹⁷.

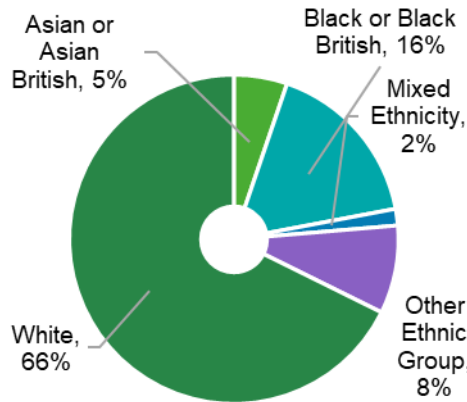


Note: The dementia status of 968 (36%) older service users was unknown

Source: Internal all services Islington ASC data 2021-22

Ethnicity

In England, there is a higher prevalence of dementia amongst black and black British people²⁰, and similarly, in Islington, black residents we support were overrepresented in our population with dementia. Individuals from other ethnic groups were also overrepresented, whilst White and Asian and Asian British residents were significantly underrepresented¹⁷.

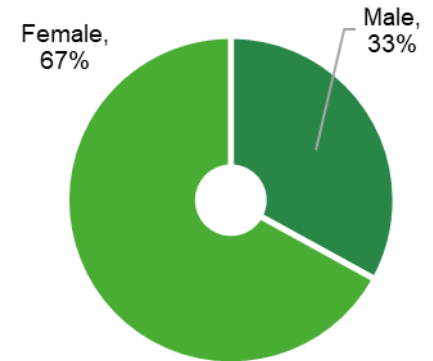


Note: The dementia status of 968 (36%) older service users was unknown.

Source: Internal all services Islington ASC data 2021-22

Gender

In 2022, **384 (67%) of the older ASC population that are known to have dementia are female**. In the UK a higher prevalence of dementia among women, which is largely attributed to their longer life expectancy¹⁷.



Note: The dementia status of 968 (36%) older service users was unknown

Source: Internal all services Islington ASC data 2021-22

The prevalence of dementia in Islington is projected to increase by 466 (39%) over the next 10 years. The rise in the prevalence of dementia is largely attributed to the projected increase in the older population of Islington and that people with dementia are living longer (page 2)^{6,1}.

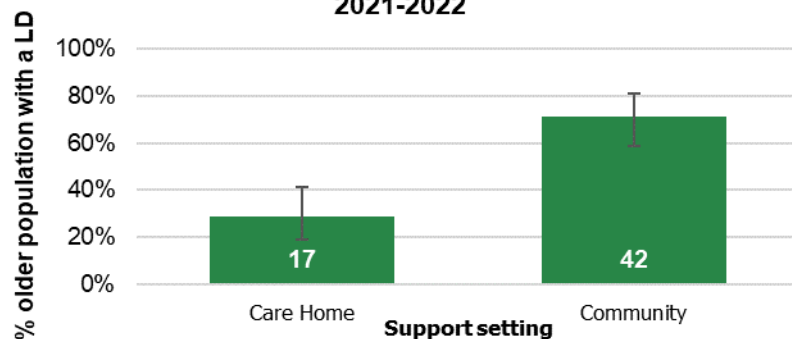
Learning Disability

In 2021-22, 59 (9%) of the people we support in Adult Social Care with a primary support reason of 'learning disability support' are over the age of 65¹⁷. In the UK, people with a learning disability have a significantly shorter life expectancy, with men and women living for 14 and 18 years less, respectively, when compared to the general population⁷.

Of the older ASC population with a primary support reason of 'learning disability', 17 (29%) are supported in a care home. This is significantly higher than the proportion under age 65 (13%)¹⁸.

The projected number of individuals requiring learning disability support is expected to rise by 33 (55%) over the next 10 years. We expect this increase in demand will be due to an increase in the population size and because individuals with learning disabilities are living longer^{1,17, 18}.

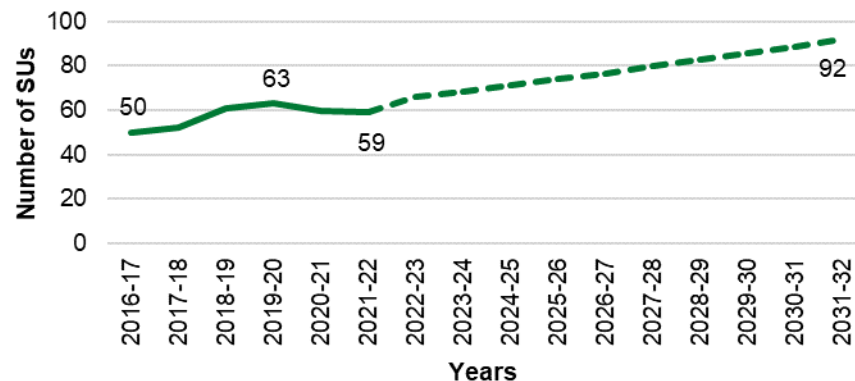
Proportion of older people who receive Adult Social Care support and who are known to have a learning disability, by support setting, Islington, 2021-2022



Note: Prison is also a possible support setting, however, Islington Council Adult Social Care service support no individual with a learning disability in this setting

Source: Internal LTS001B Data

Projections for the Number of Long Term Older Service Users with a Primary Support Reason of Learning Disability, 2016-2017 to 2031-2032



Source: Internal LAS Data, LTS001b and GLA housing projections 2020



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Further Information

About Public Health Knowledge, Intelligence and Performance team

Public Health KIP team is a specialist area of public health. Trained analysts use a variety of statistical and epidemiological methods to collate, analyse and interpret data to provide an evidence-base and inform decision-making at all levels. Islington's Public Health KIP team undertake epidemiological analysis on a wide range of data sources.

All of our profiles, as well as other data and outputs can be accessed on the Evidence Hub at: <https://www.islington.gov.uk/about-the-council/islington-evidence-and-statistics>

About the Older People JSNA

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We would also very much welcome your comments on these profiles and how they could better suit your individual or practice requirements, so please contact us with your ideas.

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