

## A global city at the heart of the nation's capital

Cities such as Westminster are built on its people – the distinctive communities that breathe life into their neighbourhoods and provide each area with identity and character. This can only happen when we coordinate our services to recognise and meet local communities' specific needs and everyone feels able to contribute to improve local outcomes. For us, a Fairer Westminster is one in which we do everything we can to reduce inequalities at every turn.



In 2021 there were:

 Births 2,110


 Deaths 1,188


## Residents 205,100


The area has a large proportion of working age residents, as well as high levels of international migration. There are significant financial disparities within the borough. Specifically, areas like Queens Park and Mozart Estate (Queens Park), Lisson Green Estate (Church Street), Warwick and Brindley Road Estates (Westbourne) and Churchill Gardens (Pimlico South) suffer from increased levels of deprivation.


## Where we do well in health and wellbeing


**1** **Life expectancy is among the highest in the country** (highest for men, third highest for women), and has increased over the last 20 years. Healthy life expectancy is also high.

 The percentage of pregnant women who **smoke** by the end of their pregnancy is among the lowest in England. A high percentage of babies have **breastmilk** as their first feed. Westminster has the second lowest rate of **teenage pregnancies** in England.

 Hospital admissions caused by unintentional and deliberate **injuries in young people** aged 15-24 is among the lowest in England.

 A high percentage of our 16-18 year olds are in **education, employment or training**

 Good employment of those with a learning disability

 Westminster has a **low under 75 mortality rate**. The death rate due to cancer in under 75s is the fifth lowest in England, for cardiovascular disease considered preventable it is the fourth lowest. **Hip fractures** in those older than 80 is low.

## Our health and wellbeing challenges

### We need to tackle health inequalities and reduce the gap in life expectancy

Westminster has the highest life expectancy for men in the country (85 years) and the third highest for women (87 years). However, this varies across the borough: boys in Westbourne are on average likely to die 18 years earlier than boys in Knightsbridge and Belgravia. For women the difference is 9 years, in line with the national average, but the third highest in London. The life expectancy gap for men is the highest in the country.

### Whilst people are living longer, many people live for longer in poor health

Westminster has an ageing population: 12% of our population is aged 65 or over. Many people live for longer in poor health and with a diminished quality of life. On average men are living around 18 years in poor health and women around 22 years.

### Obesity prevalence is high in both children and adults

Almost 1 in 2 children are overweight by the time they leave primary school; this is higher than the London average. Children living in Church Street are almost twice as likely to be overweight than those living in West End. Among adults there is an increase, with 50% now overweight or obese.

### Wellbeing is important across the life course

Over 1 in 4 adults report feeling anxious and 1 in 16 have a GP diagnosis of depression. Depression is more common among residents from a Caribbean, mixed White and Black Caribbean or British background and those living in more deprived areas. Over 1 in 6 children and young people have a mental health disorder and compared to before the pandemic children and young adult mental health service activity has increased by 37%.

### Screening and immunisation rates are among the lowest in the country

Cancer screening, particularly breast, cervical and bowel cancer, is among the lowest in the country. For all types of childhood vaccinations uptake is among the 25% lowest in England and below the 95% target to stop the spread and protect the community. For example, although improved from last year, almost 1 in 4 children have not received 2 doses of MMR. Uptake varies within the borough, ranging from 54% in Bryanston & Dorset Square to 84% in Knightsbridge, Belgravia & Hyde Park.

## How do we address these challenges?

No single organisation can solve these challenges in isolation. A whole systems approach is required, harnessing the skills and resources of key partners and local communities, and working closely together.






This borough story has informed the 10-year Health and Wellbeing Strategy which is focussed on reducing health inequalities and is available at [Health and Wellbeing Strategy | Westminster City Council](#). #2035 is a whole system approach organised around community led priorities, with the aim of reducing the life expectancy gap by 2035.








**People**

<b>Total Population</b> <b>205,100</b> 45% from a global majority background	<b>0 to 15 yrs Population</b> <b>26,700</b> 60% from a global majority background	<b>Working age (16 – 64)</b> <b>153, 400</b> 45% from a global majority background	<b>Older People (65+)</b> <b>25,000</b> 30% from a global majority background	<b>Daytime / Night time visitors</b> <b>Up to 1 million</b>
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**Place**

<b>1 in 4 children live in poverty</b>  1 in 4 households in London are at risk from the cost of living crisis	<b>Unemployment rate of 5%</b>  Average annual income varies by area (range £27,000 to £56,000)	<b>2,000 people seen rough sleeping</b>  Life expectancy for people sleeping rough is 30-40 years less than average	<b>Air pollution has reduced</b>  Westminster has over 200 parks and open spaces.	<b>26,810 social rented households</b>  Westminster Housing properties include Queens Park and Mozart Estate, Lisson Green Estate, and Churchill Gardens.
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**Start Well**

<b>Almost 1 in 4 children have not received 2 doses of MMR</b>  <b>Uptake varies</b> from 54% in Bryanston & Dorset Square to 84% in Knightsbridge, Belgravia & Hyde Park.	<b>2 in 5 five-year-olds have decayed teeth</b>  The biggest cause of hospital admissions for this age group	<b>Almost 1 in 2 are overweight by age 11</b>  Children in Church Street almost twice as likely to be overweight than in West End	<b>Over 1 in 6 children have a mental health disorder</b>  Common reasons for GP visit are speech and language, depression and autism	<b>Many outstanding schools</b>  Average GCSE level attainment is lowest in the most deprived areas
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**Live Well**

<b>30% of residents have a long term condition</b>  Residents of a Black ethnic background have twice the rate of hypertension	<b>1 in 2 adults are overweight or obese</b>  Residents of a Black ethnic background have 3 times the rate of obesity & diabetes	<b>Over 1 in 4 adults report high levels of anxiety</b>  Depression is more common in those living in deprived areas	<b>1 in 8 adults smoke</b>  Most likely in those living in the more deprived areas and from a Mixed ethnicity.	<b>Almost 7,000 residents are at high risk of drug dependence</b>  Most common cause of in death in under 50s in the most deprived areas
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**Age Well**

<b>Residents live around 20 years in poor health</b>  Those from Other ethnic groups are slightly more likely to report having a disability	<b>1 in 3 residents aged 65 and over live alone</b>  Westminster residents age 55+ are more likely to feel lonely	<b>7% aged 65+ live with Dementia</b>  Prevalence is highest in residents from a Black or Black British ethnic background	<b>2 in 7 need help with self-care</b>  Those from Other ethnic background are slightly more likely to report being a carer	<b>Among lowest uptake of cancer screening and flu immunisation</b>  Those from Black or Mixed ethnic groups less likely to have a Covid or flu vaccination
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By developing this borough story, outlining our collective understanding of local need, we can identify priorities for action and ensure that initiatives and services are delivered in a way that is proportionate to the needs of our communities.

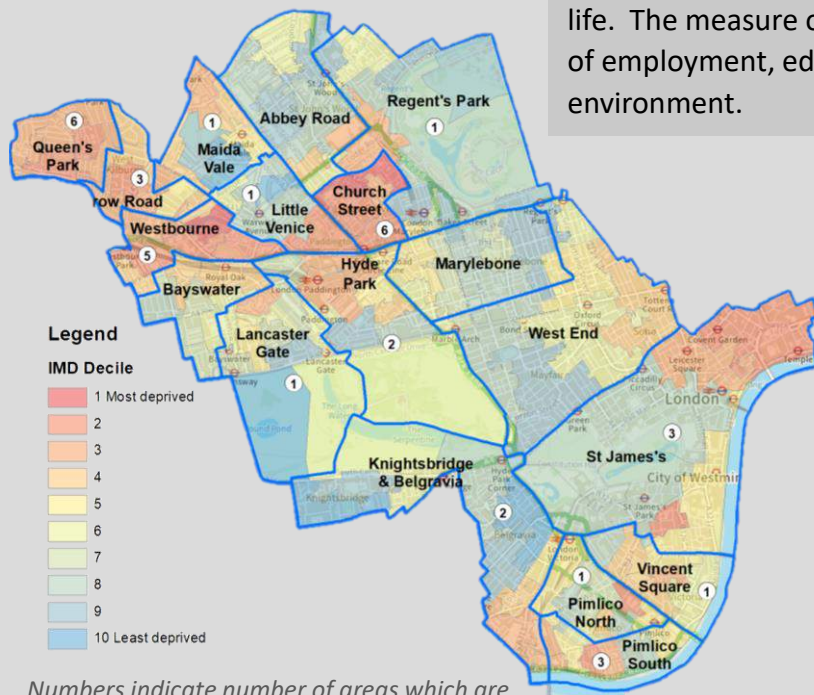
# People



Westminster has a varied population with a diverse set of needs. The area has a large proportion of young working age residents, as well as high levels of international migration and cultural diversity. There are significant financial disparities within the borough.

Health is closely associated with deprivation. Deprivation is a way to assess the extent to which people living in an area experience conditions which determine a healthy life. The measure of deprivation includes a measure of employment, education, health, crime, environment.

## Areas of deprivation



Knightsbridge & Belgravia has some of the most affluent neighbourhoods in the country, whilst Queen's Park, Church Street and Westbourne have some of the most deprived. Specifically, areas like Queens Park and Mozart Estate (Church Street) and Warwick and Brindley Road Estates (Westbourne) suffer from increased levels of deprivation.

## Residents

Westminster is home to **205,100 people**, 45% from a global majority background. 26% of residents do not have English as their main language. **Arabic is the most commonly spoken language after English** but there is great variation across all wards. In the 2021 Census, 4% of residents reported that they could not speak English well or at all.



2,110 births

Whilst the number of children living in the borough is expected to decline in the next 20 years, the number of **people aged 65 or over is expected to increase**. There are 153,365 residents of working age (75%).

Westminster's **population change is very high**: 22% did not live at the same address as the year before, which is among the highest in England. This is enabled by a sizeable private rental sector (43% of households). International migration is also the highest in England: more than 20,000 Westminster residents arrived in the UK within the past 2 years, which is 10% of the borough's total population.

The **2021 Census** population is 24% lower than previous estimates. There is an increase in residents whose main language is English (from 69% to 74%), and an increase in the proportion of residents who say they have no religion (from 20% to 26%).



1,188 deaths

In 2021, Westminster's unemployment rate was 5.0%, similar to the London average (5.6%). The average annual income in the most deprived wards is £27,000 (Church Street) compared to £56,000 in more affluent areas around Knightsbridge. Even within the same neighbourhood, rich and poor households live in close proximity. 1 in 4 homes in London are at risk of the cost of living crisis.

Westminster has the highest life expectancy for males in the country, and the third highest for women. The average man lives to 85 years and the average woman to 87 years. This average disguises the variation in how long and how well residents across the borough live. Westminster has the highest life expectancy gap in the country for males. The gap for females sees us in line with the national average, but is the third highest in London. In Knightsbridge and Belgravia ward a man is expected to live 18 years longer than a man in Westbourne ward. A woman is expected to live 9 years longer in Knightsbridge and Belgravia than in Westbourne.

# Place

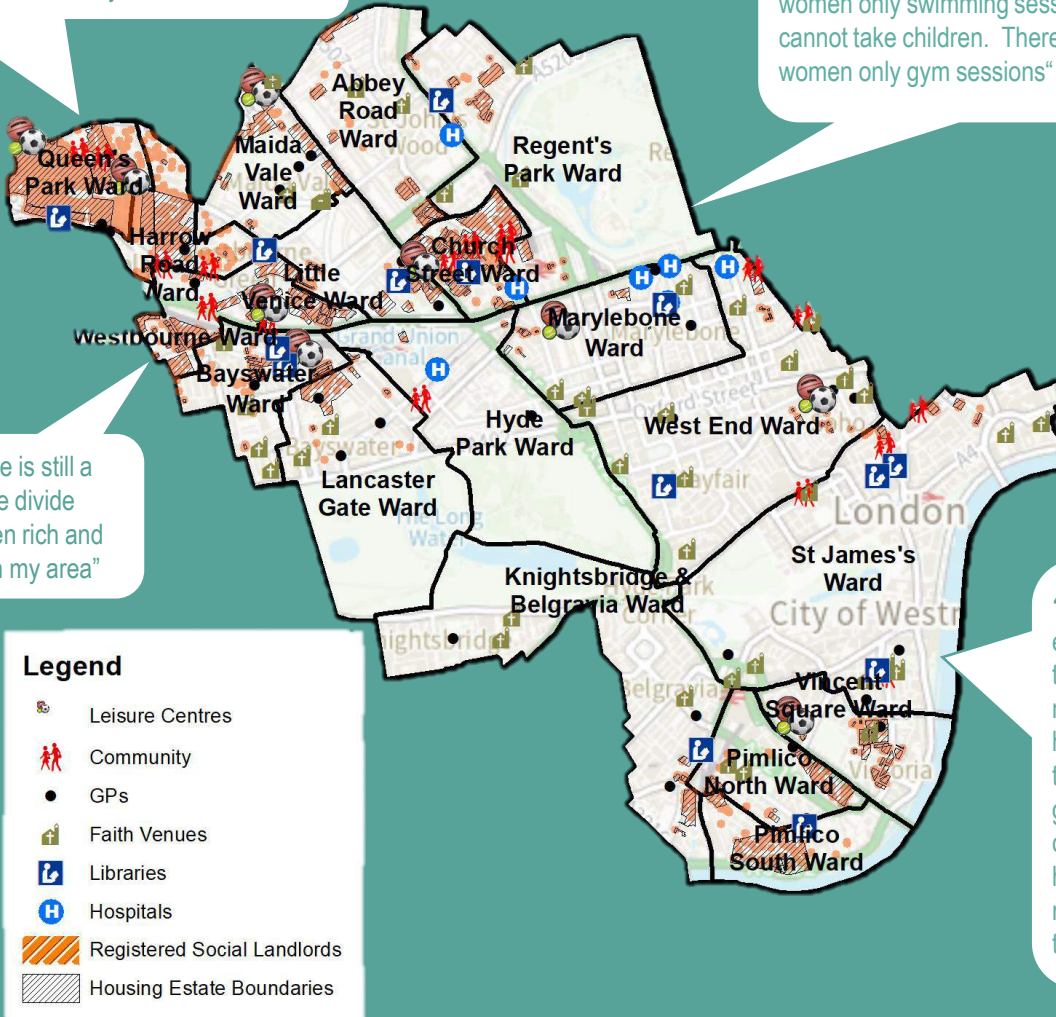
Westminster is a global city at the heart of the nation's capital. The daytime population including tourists can be up to 1 million, which is the highest daytime population of any London Borough, including residents, employees and visitors.

"It's a real sense of community. People do still say hello. I know most of the people who live on my street"

"The local leisure centre is expensive and people can't afford to go. They have women only swimming sessions but you cannot take children. There are also no women only gym sessions"

"There is still a huge divide between rich and poor in my area"

"A lot going on now, energy crisis this crisis, that crisis. How are we meant to focus on our health, when there's all these other things going on? Poverty's coming to hit a lot of us hard and its scary, more needs to be done to help us through this."



## At a glance....

- Westminster has over 200 identified parks and open spaces ranging from large multifunctional areas to small ornamental garden squares and pocket parks.
- There is a busy road network within the borough and air quality is a risk to health for all, most particularly for children and those with underlying health conditions. All our air quality monitoring sites do not meet World Health Organisation guidelines for levels of particulate matter.
- We estimate that approximately 31,000 households in Westminster on means-tested benefits are acutely exposed to the cost-of-living crisis. Local help can be found on the cost of living hub.
- There are **26,810 social rented households**, over half of which (14,392) are Housing Association properties. The remainder are Westminster Housing properties including Queens Park, Mozart Estate (Queens Park), Lisson Green Estate (Church Street), Warwick and Brindley Road Estates (Westbourne), Hallfield Estate (Bayswater) and Churchill Gardens (Pimlico South).
- The **life expectancy for someone sleeping on the street is 30-40 years less than average**. 2,000 people were seen rough sleeping in Westminster in 22/23.
- We have some of the best schools in London but with a **quarter of children living in poverty**, there is significant disadvantage for families to overcome in order to ensure that children have the best start.

# Start well

What happens in pregnancy, childhood and adolescence impacts on physical and emotional health all the way through to adulthood.

Where our children live, their household income and how they are cared for all impact on the health and wellbeing of our children.

There are 26,700 children under 16 living in our borough (of which 8,500 aged under 5), 60% from a global majority background. In contrast to the older population, the younger population is expected to decrease over the next 20 years.

In Westminster nearly 1 in 4 children are living in poverty and there are 170 looked after children. Almost 1 in 2 children are overweight by the time they leave primary school and over 1 in 6 are affected by mental health problems. Working with our communities to codesign activities to embed prevention and healthy lifestyles is key to ensuring we give our children the best start in life.

*"I like Westminster for the city life atmosphere it sets, there are many new builds across Westminster. I also enjoy the many green spaces around. However, I feel there should be more places like youth clubs, more help with youth getting into employment as there seems to be a lot of anti social behaviour issues around. There should be more family hubs, places to go for people to receive help they need."*

## Almost 1 in 4 children have not received 2 doses of MMR

For all types of childhood vaccinations **uptake is among the 25% lowest in England** and below the 95% target to stop the spread and protect the community. For example, although improved from last year, **only 74% have received 2 doses of measles, mumps and rubella (MMR) immunisation** at or before the age of five. **Uptake varies** within the borough, ranging from 54% in Bryanston & Dorset Square to 84% in Knightsbridge, Belgravia & Hyde Park.



## 2 in 5 five-year-olds have decayed teeth

By the age of five, 2 in 5 of children have one or more decayed, filled or missing teeth (**40%**). It is a common cause of hospital admission and children who have toothache may have pain, difficulties with eating, sleeping and socialising and may have to be absent from school. **Almost 1 in 3 Westminster children have seen a dentist in the past year.** While the majority of Westminster child dentist appointments are check-up only, over 1 in 3 include a mid-range treatment such as fillings, and 1 in 14 are urgent treatments.



## Over 1 in 6 have a mental health disorder

A 2022 NHS survey estimated that 18% of 7-16 year olds in England have a mental, behavioural or emotional health disorder – 3,000 people in Westminster. They are almost twice as likely to live in a household that has fallen behind with payments. Compared to before the pandemic, children and young people's mental health **service activity has increased by 37%** across North West London. The most common mental health reasons for a GP visit are **speech and language, depression and autism.**



## Almost 1 in 2 are overweight by age 11

27% of children are overweight or obese when they enter primary school aged 4-5 years old. This rises to **47% of children aged 10-11** leaving primary school. This varies by ward, for example those living in **Church Street are almost twice as likely to be overweight than those living in West End.** Children whose parents are obese are more likely to themselves be obese. This highlights the complexity of supporting families to maintain or reach a healthy weight. Levels of unhealthy weight in children is highest in children from a Black or Black British ethnic background in Reception Year, and those from an Other ethnic background in Year 6.

## Education creates opportunities for better health

We have some of the highest levels of outstanding schools in London. A quarter of our children live in poverty and **7,800 children are eligible for free school meals.** Education can trigger healthier futures and protect against disadvantage in later life. **65.9%** of children had a good level of development at the end of reception year and **60%** of children achieved 9-5 in GCSE English and Mathematics (76% achieving 9-4). **Average attainment 8 score was 54.1.** Average GCSE level attainment is lowest in the most deprived areas. **4.2% of children have educational health care plans** and **13.6% children have special educational needs support.**



# Live well

The impact of a person's social and environmental surroundings, including employment and housing, and factors such as loneliness and isolation influence the uptake of unhealthy behaviours.

Differences in the lived experience of these wider determinants of health drive inequalities in health and wellbeing across and within the borough.

There are 153,400 residents of a working age (75%) in our borough, 45% identify themselves as being from a global majority background. There are approximately 2,800 autistic adults living in the borough.

1 in 8 smoke, 1 in 2 adults are overweight and over 1 in 4 feel anxious. As well as health disparities between different locations in the borough, we see different health outcomes among residents from different ethnic backgrounds, with residents from a global majority background more likely to have diabetes, be overweight, impacted by mental health and suffer from hypertension.

The rising cost of living is the biggest issue our residents face at the moment, and can affect our mental and physical health. We must continue to support residents to maximise their income and opportunities, whilst also providing crisis support to our most vulnerable residents.

*"Being outside in nature and the sun with the activity has been great and relaxing and more of these would help me manage my weight, mood and chronic pain."*

## 1 in 4 drink more than is recommended

Someone in mid-life who smokes, drinks too much, exercises too little and eats poorly is **four times as likely to die** over the next 10 years than someone who does none of these things. **1 in 4 residents drink more than is recommended and 7,500 residents** aged 18 or over have a **high risk of alcohol related health issues**. Alcohol-related hospital admissions are above the London average.



## 1 in 8 adults smoke

**1 in 8 (12%)** residents aged over 18 smoke. Most likely to smoke are those in manual occupations, those living in the more deprived areas of the borough, those who identify themselves as from Mixed White and Black Caribbean ethnic backgrounds, people with mental health conditions and people in treatment for drugs or alcohol. The **smoking quit rate** is similar to the London average (54%).



## Premature mortality and drug dependence

**Almost 7,000** residents aged 18 or over have a high risk of drug dependence. This is the most common cause of death in under 50s in the most deprived areas. There are more deaths at younger ages in more deprived areas. The **mortality rate in the 45-49 years age group in the most deprived area is 11 times the rate in least deprived**.



## 1 in 2 adults are overweight or obese

Obesity is associated with **reduced life expectancy** and can impact on our mental health and wellbeing. 12,200 of adults are diagnosed obese. There are a wide range of drivers of obesity including access to healthy food, physical activity, social and psychological factors. 1 in 5 residents are inactive. Residents identifying from a Black ethnic background have 3 times the rates of obesity than those from a white background.



## Over 1 in 4 report feeling anxious

Over 1 in 4 (around 28%) residents reported feeling high levels of anxiety the day before. 1 in 16 have a GP diagnosis of depression; this is more common among residents from a **Caribbean, mixed White and Black Caribbean or British background** and those living in more **deprived areas**. Although rates of suicide in the borough are below those for England, on average 17 residents take their life each year.



## Health Checks

The uptake of NHS health checks (once every 5 years) is among the **top 10** boroughs in London, with 48% of residents taking up the offer.

## 30% have a long term condition

Over **70,000** residents aged 16+ have one or more long term conditions in our borough. The proportion of conditions increases with age and is higher among those living in more **deprived areas**. Residents identifying from a Black ethnic background have almost **double the rate of hypertension**, and almost **3 times the rates of diabetes** than those from a White background.



# Age well

Whilst people are living longer, this has not been matched by a similar increase in the length of time people live in good health. As a result, people tend to live for longer in poor health, and with a diminished quality of life.

The number of people in Westminster aged 65 or over is 25,000, and this is expected to increase. 30% identify themselves as being from a global majority background.

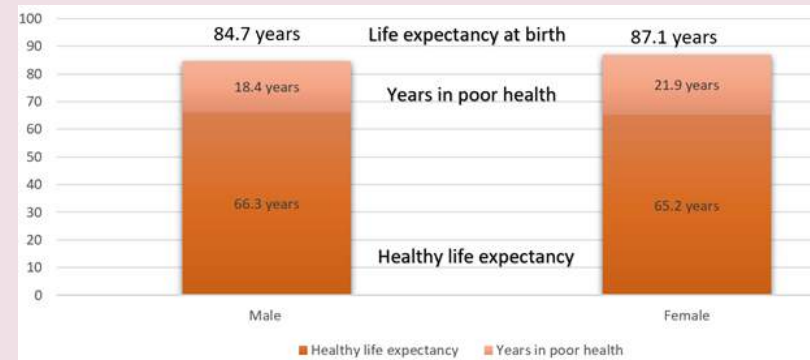
There are 522 residents who live in a care home (with or without nursing). Oral health can deteriorate on admission for care home residents, and can lead to pain, difficulty eating, and potentially heart disease, and pneumonia.

7% of our older population are living with dementia, and our diagnosis rates are below the London average. Early identification of health conditions, quality of care, and the support of carers helps to maintain the health and wellbeing of residents and ensure they maintain independence for as long as possible.

*Many elderly people, like those with language and digital barriers, are now living in financial crises and it's causing them both physical and mental health issues. It clouds their ability to get vaccinated, prevent other health issues or keep up with their appointments"*

## Residents live around 20 years in poor health

The lifestyle choices we make can have a significant impact on our health in later life. On average men are living around 18 years in poor health and women around 22 years. People identifying themselves as from an **Other ethnic background are slightly more likely to report having a disability.**



## Lowest uptake of Screening & Immunisations

Cancer screening, particularly breast, cervical and bowel cancer, is among the **lowest in the country**, with those with **mental health needs least likely to access**. Uptake of the flu vaccination in winter by people who are at greater risk of developing serious complications if they catch flu is low. **Residents from a Black or Mixed ethnic background are least likely to have a flu or Covid-19 vaccination.**



## 2 in 7 need help with self-care

**9,500 adults** aged 65 and over were estimated to need help with at least one self-care activity, such as getting in and out of bed. Looking after an adult with a disability or health problem can be tiring, stressful and isolating. Our borough has approximately 3,500 residents providing 50+ hours of unpaid care in a week. Residents identifying themselves as from an **Other ethnic background are slightly more likely to report being a carer.**



## 1 in 3 residents aged 65 and over live alone

It is estimated that 10,700 people aged 65 and over are living alone in Westminster. In the City survey residents aged 55 years+ were more likely to be lonely, with 1 in 5 reporting this. There are **four life events associated with social isolation among older people: retirement, falling ill, a spouse dying, and going into care.**



## 1 in 14 residents live with dementia

Dementia is probably the **biggest health care challenge** we face and is now one of the most **common causes of death** in London and our borough. There are an estimated 1,800 patients living with dementia in our borough, with only 1,150 with a formal diagnosis from their GP. Prevalence is **highest in Black or Black British ethnic groups**. **Leading a healthy and active lifestyle can delay the onset of dementia.**

