

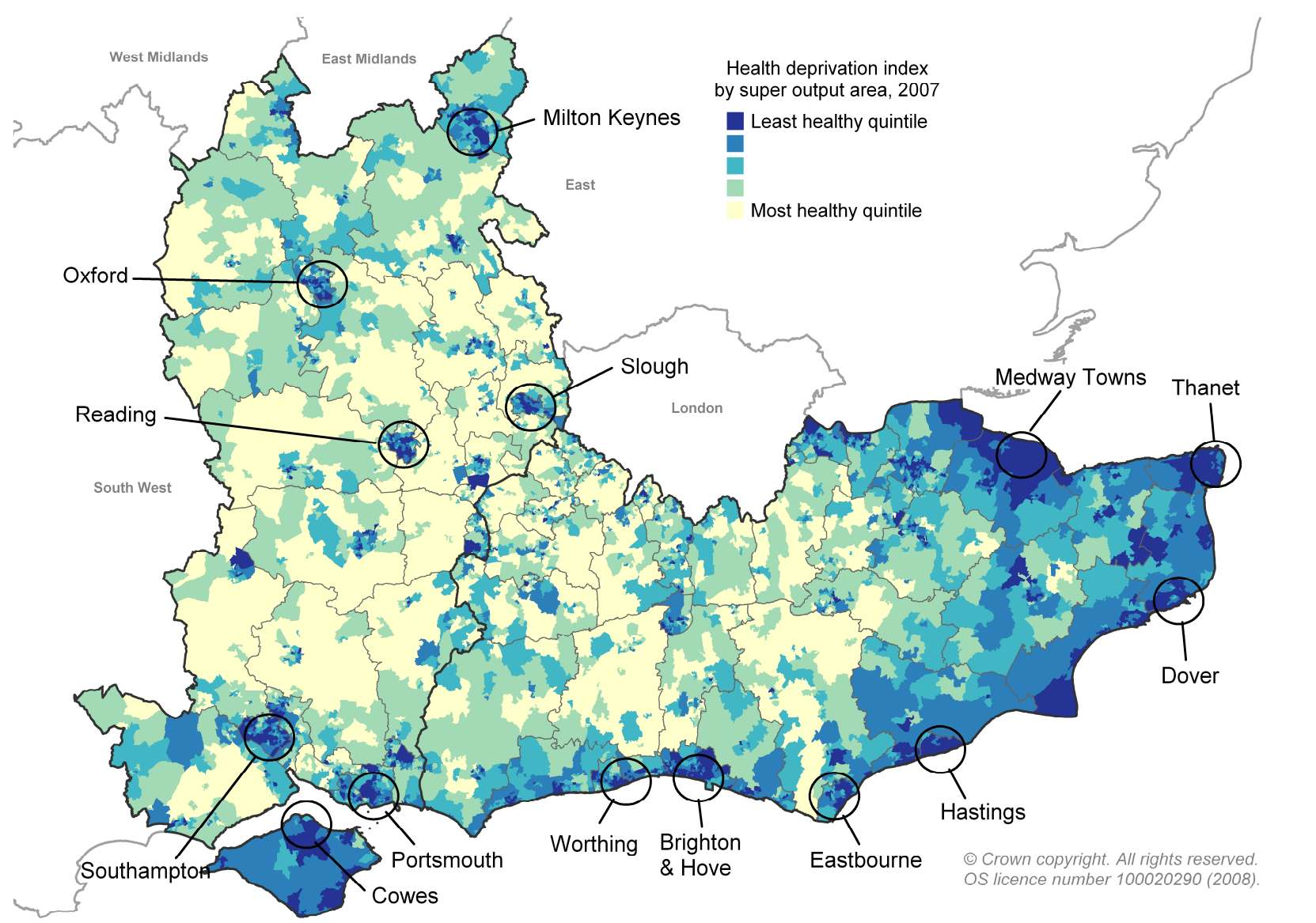
# HEALTH INEQUALITIES DARTFORD

Jay Edwins  
Head of Strategic Partnerships



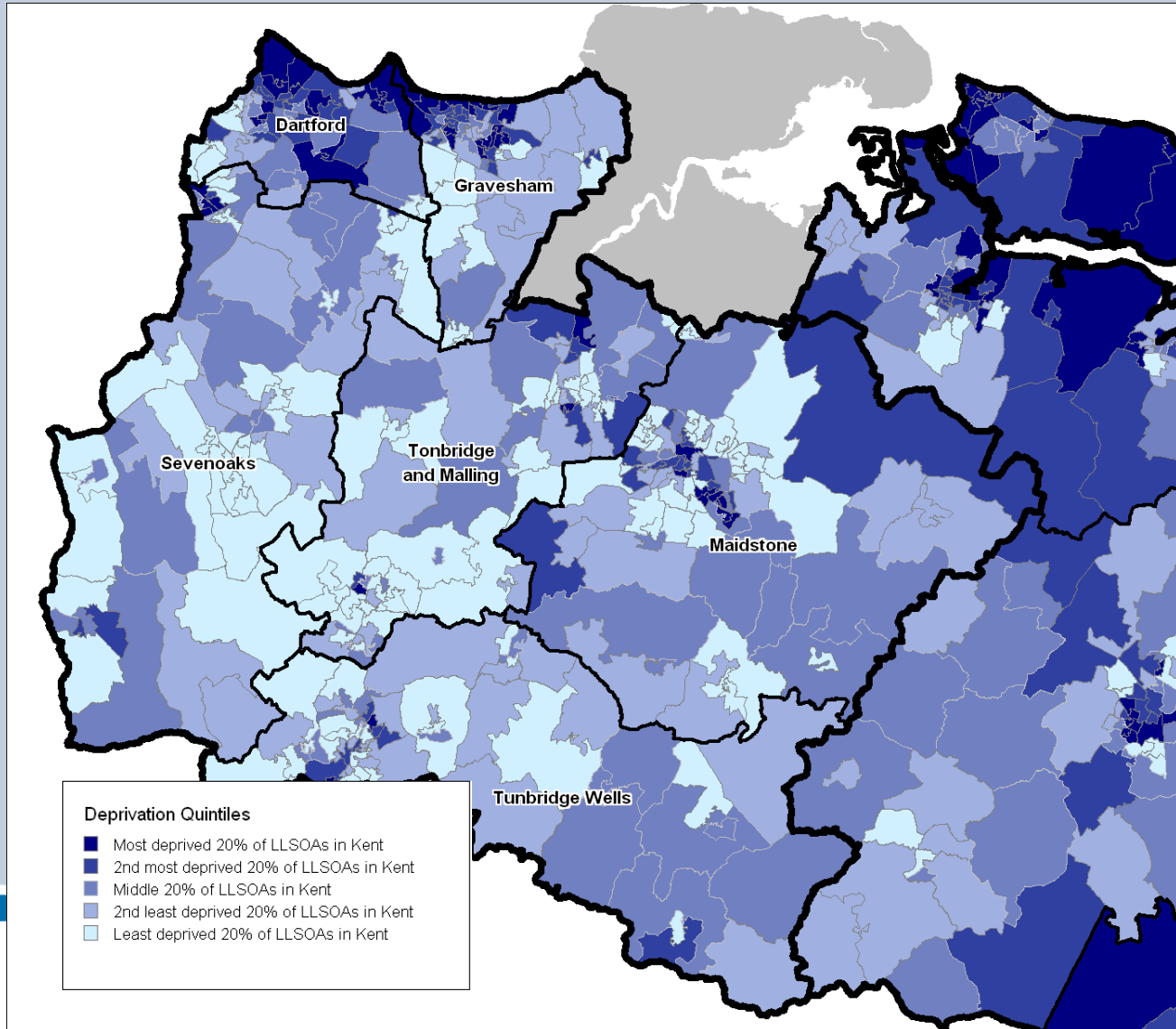


# HEALTH DEPRIVATION



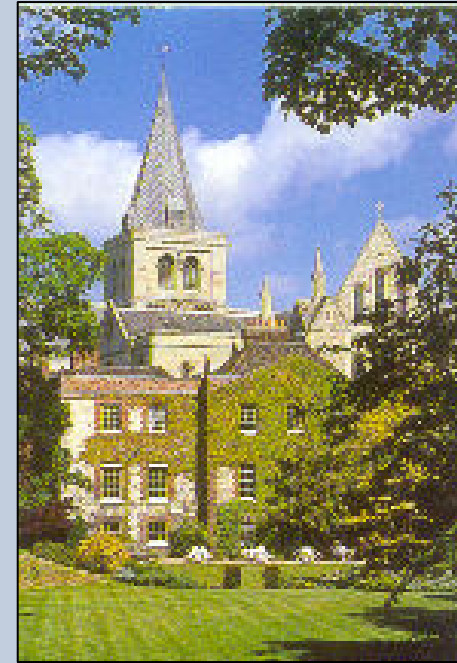
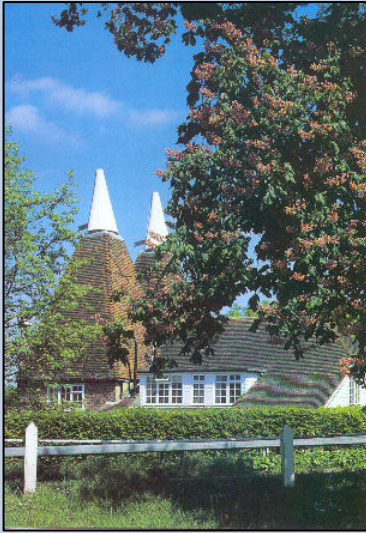
© Crown copyright. All rights reserved.  
OS licence number 100020290 (2008).

# WEST KENT



# WEST KENT

**NHS**  
*West Kent*



# WEST KENT

**NHS**  
*West Kent*

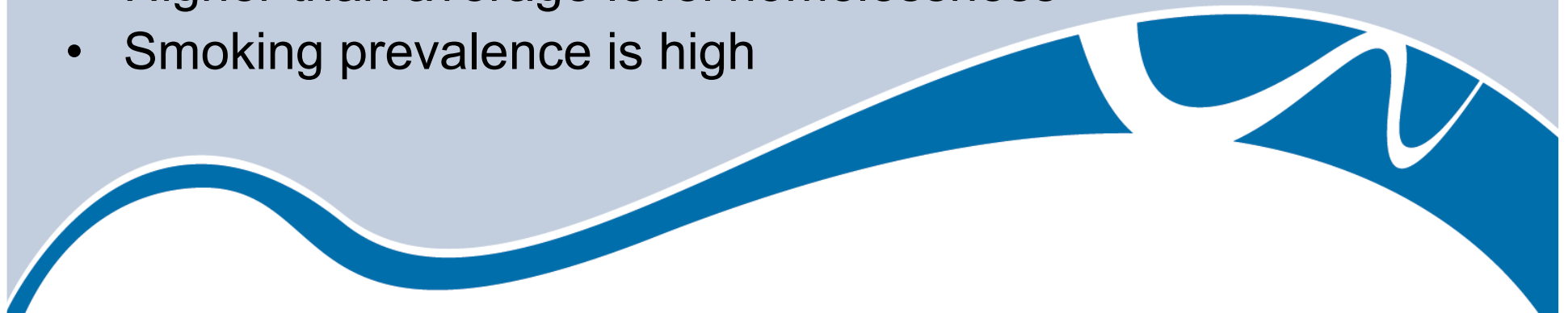


# DARTFORD AT A GLANCE

- Health is close to the England average
- Low rate of early deaths from cancer
- Low level of drug misuse and alcohol related harm
- Early deaths from heart disease and strokes are falling

## BUT...

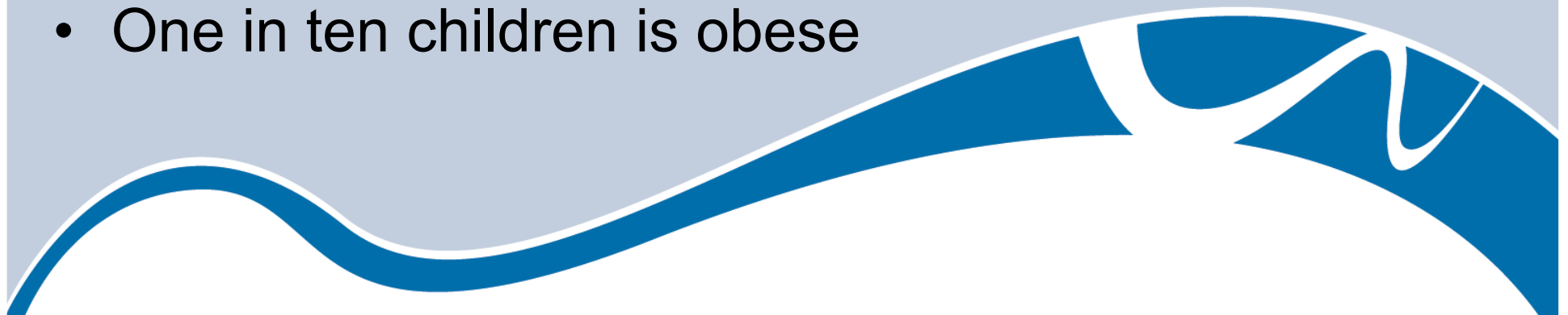
- 8 year difference in male life expectancy
- Higher than average level homelessness
- Smoking prevalence is high



# CHILDREN and YOUNG PEOPLE

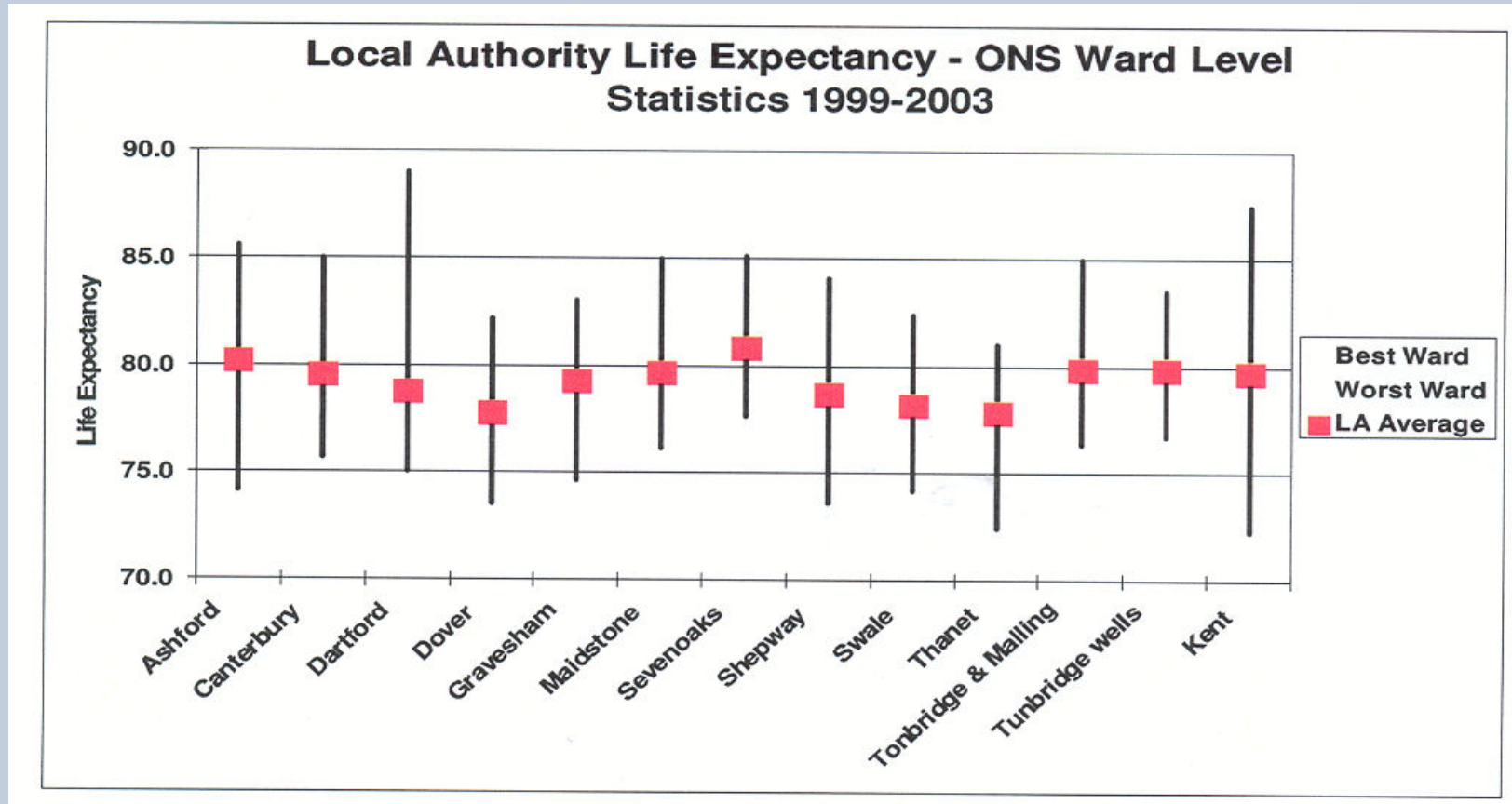


- Children's health is better than the national average
- High rate of breastfeeding initiation
- Level of of tooth decay well below average
  
- BUT
  
- 3000 children live in poverty
- Physical activity levels are below national average
- One in ten children is obese





# LIFE EXPECTANCY



# TARGETS

- Reducing health inequalities
- Children's mental health and well-being
- Fewer people in Kent suffering heart disease
- Improved sexual health
- Reduction in teenage pregnancies
- Reduced levels of substance and alcohol misuse
- More older people able to live at home

# PRIORITIES

- Reduce mortality from cardiovascular disease and cancer by reducing smoking and enhancing healthy eating and physical activity
- Reduce avoidable illness and death by improving coverage of screening and immunisations
- Embed the reduction of health inequalities in the decision-making processes of all public agencies



# PROCESS

## Assessment of Needs

- Surveillance and Monitoring of the Determinants of Health
- Shift from Delivery to Strategic Commissioning
- Strengthening Health Action Team
- Working with wider “Public Health Family”
  - Local Authorities
  - Healthy Living Centres
  - Health Trainers
  - Healthy Schools etc.



# COMMUNITY DEVELOPMENT

**NHS**  
West Kent



# SMOKING

The single biggest factor behind social class differences in life expectancy.



# health

**NHS**  
West Kent

hello, have you come for  
your annual check up?



no I just wondered if you had any  
change for the crisp machine



# FOOD PROJECTS





# GROWING SPACES



## OCTOBER

**By Dover Road School Eco Club**

### Pumpkin soup

**Ingredients**

- 1 Tablespoon Olive Oil
- 1 Leek- halved lengthways and sliced
- 2 garlic cloves peeled and crushed
- 500g white skinned potatoes peeled and chopped
- 500g pumpkin or butternut squash- Peeled, chopped and de-seeded
- 1.25 litres Vegetable Stock
- Finely Chopped fresh chives

**Directions**

1. Heat oil in a large saucepan over a medium heat. Add leek and garlic and cook for 2 minutes
2. Reduce heat and cover with a lid until leek is soft.
3. Add Potato, pumpkin and stock and bring to the boil.
4. Reduce heat and simmer for 20-25 minutes or until veg is soft.
5. Allow to cool for 10 minutes, then puree soup in a blender until smooth
6. Add chopped chives and enjoy

**4 and 5 October**  
Join the Mayor on the annual boundary walk, in aid of local charities. The 31 mile course is split over two days contact Maureen Stoneham on 01474 33 70 00

**Reduce your carbon output by switching off your lights when you're not in the room.**

**Re-use old shoes as pot planters, dont forget to drill holes in the bottom to let water out!**

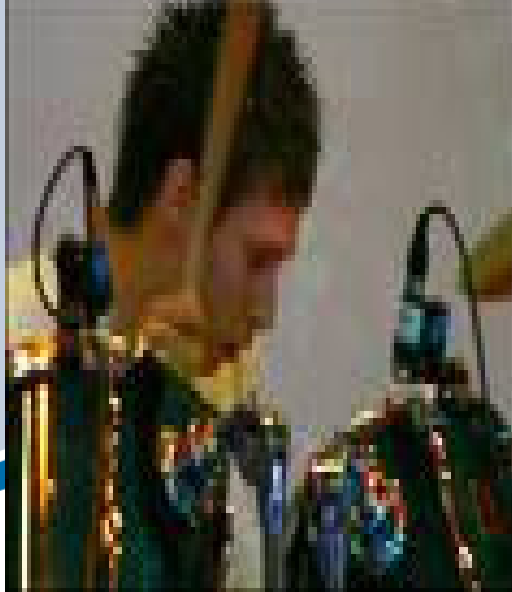




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# THE ARTS and WELLBEING

**NHS**  
West Kent



[jay.edwins@nhs.net](mailto:jay.edwins@nhs.net)

