



Essex County Council

Greater Essex Area Profiles

Epping Forest

Public Health Intelligence
Research & Citizen Insight
Policy Unit

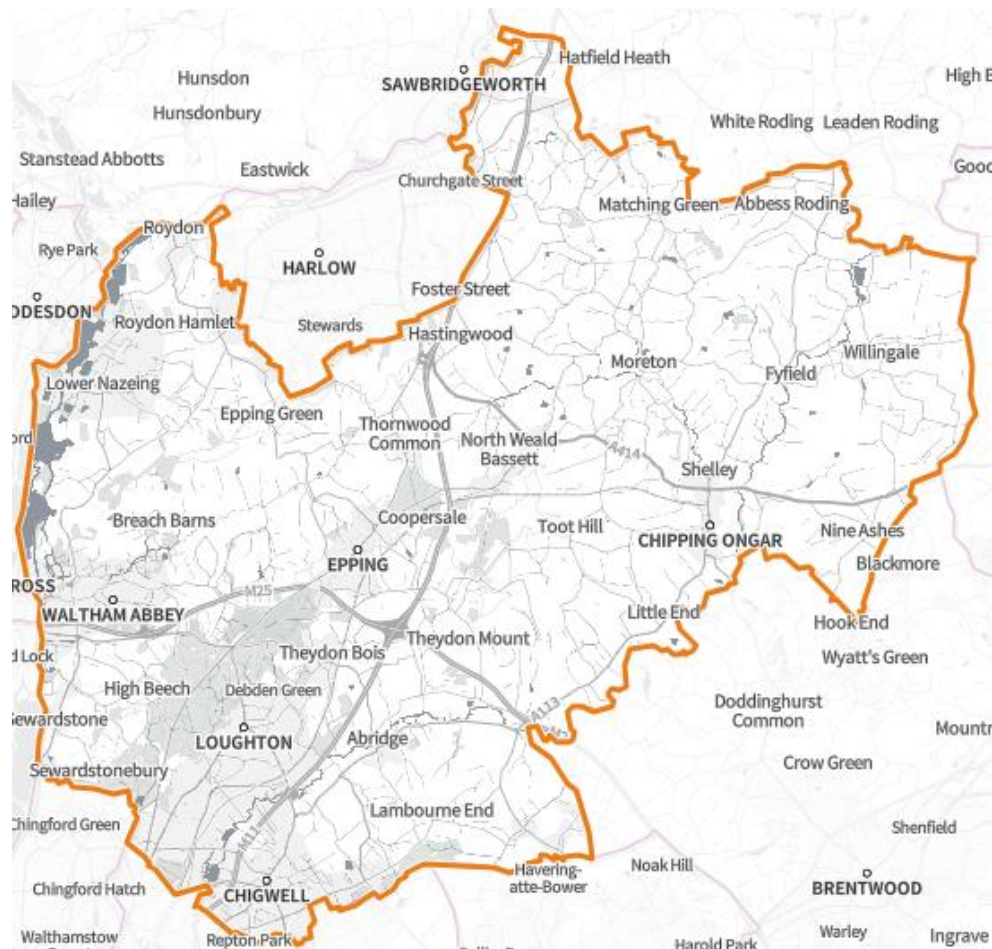
Area profile – Epping Forest

Produced by Essex County Council

This area profile gives a high-level snapshot of health in Epping Forest, looking at

- Demographics
- Mortality
- Disease prevalence
- Early years
- Socioeconomic factors

Area profiles are updated every 6 months by Essex County Councils Public Health Intelligence team. The PHI team have also produced a comprehensive [Joint Strategic Needs Assessment \(JSNA\)](#) suite of dashboards, which covers the topics in this report and the wider determinants of health. These dashboards are regularly updated and are the best source of local health data.



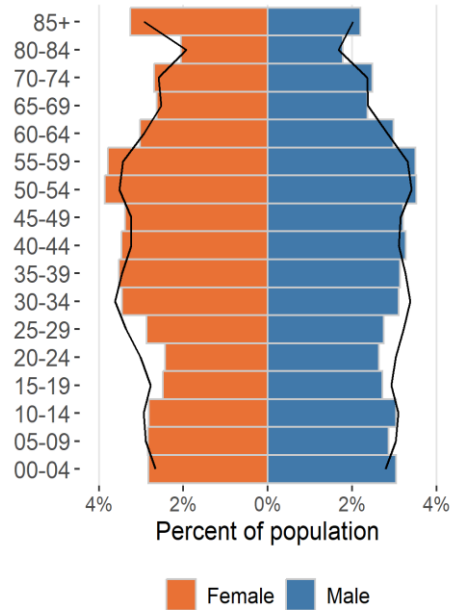
Demographics

Different demographics have different needs. For example, areas with high proportions of older people will likely have a higher demand on adult social care services, and areas with high proportions of children & young people will have more demand for children's social care and family services. Service demand will also change over time as the resident population ages and understanding the demographics of an area can help inform future planning.

- There are **134,970 people living in Epping Forest** according to the 2021 census. Compared to the previous 2011 census the population has grown by 8.3%.
- The **median age in Epping Forest is 42**, similar to the England median age (40). There is a roughly equal sex split with females making up 51.4% of Epping Forest residents.
- **32,980 (24.4%) of residents in Epping Forest identify as an ethnicity other than White British.** This is lower than England, where 26.5% identify as an ethnicity other than White British. 94.0% of residents speak English as their main language. After English, the three most common languages spoken in Epping Forest are Any other European languages (3,080, 2.4%), Polish (700, 0.5%), and Turkish (640, 0.5%).

Age profile

Black line is England



Mortality

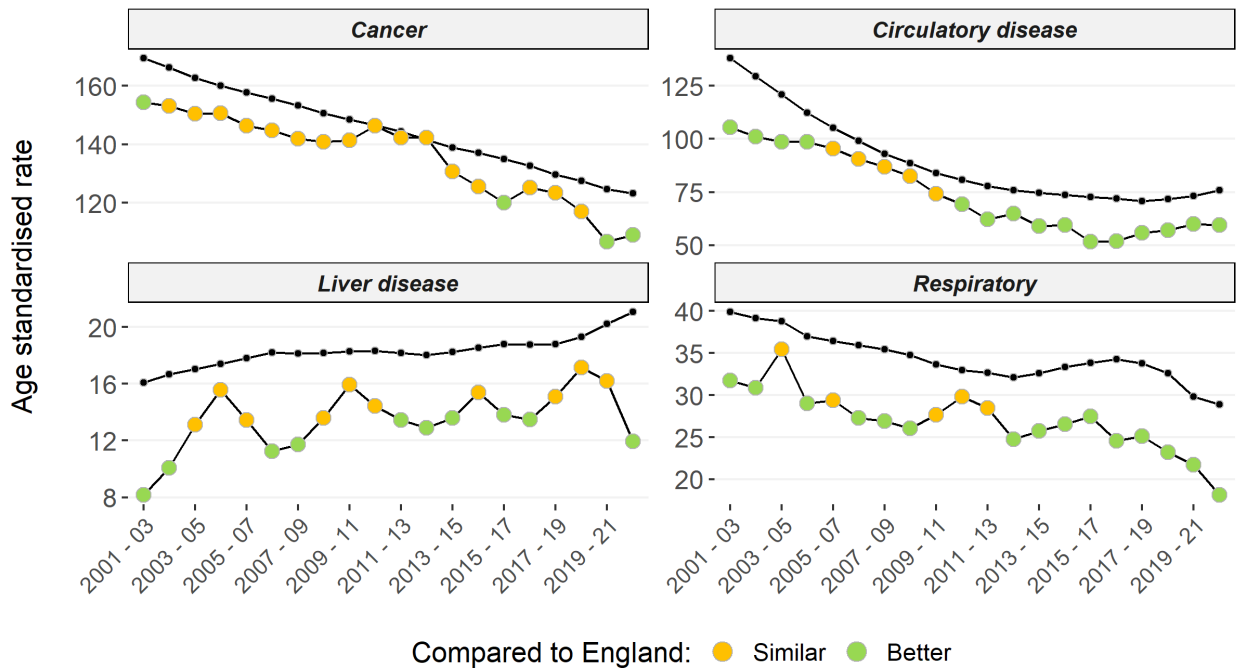
Mortality is an important measure of the health of an area. Some key indicators are preventable mortality rates, suicide rates, and child mortality.

The chart below shows preventable mortality in under 75s due to cancer, circulatory disease, respiratory disease, and liver disease. All of these causes of death are preventable, in the sense that there are modifiable risk factors – for example smoking, excess drinking, poor diet or lack of exercise – what could be reduced or removed through good public health interventions.

Deaths are aggregated into 3-year rolling periods and the points are coloured to show how mortality in Epping Forest compares to England. If the mortality rate is significantly higher than England, the point is shown in red. Mortality rates which are lower or similar to England may still represent important public health issues – for example if there has been year on year increases locally which haven't been seen nationally.

Preventable mortality rates, residents aged under 75

Black line is England



Epping Forest has lower levels of preventable mortality due to Circulatory disease, Cancer, Respiratory, and Liver disease compared to England.

Infant mortality is influenced by the ‘upstream determinants’ of health such as social, economic, and environmental conditions. Infant mortality can be thought of as an indicator of the general health of an area.

Similarly suicide is high level indicator of the mental health of an area. The drivers of suicide are complex and can vary person to person. Some of the nationally recognised risk factors for suicide include poor mental health, loneliness and isolation, history of self-harm, and (in adults) long term unemployment. There is also a link to physical health and distressing events, such as being recently diagnosed with a terminal illness.

The charts below show infant mortality and suicide rates in Epping Forest:



Disease prevalence, smoking, alcohol admissions

GPs maintain registers of their patients who have been diagnosed with certain conditions. This data can be used to estimate the disease prevalence of some common conditions in Epping Forest (table below). The latest estimated prevalences in Epping Forest are similar to England for all conditions listed in the table.

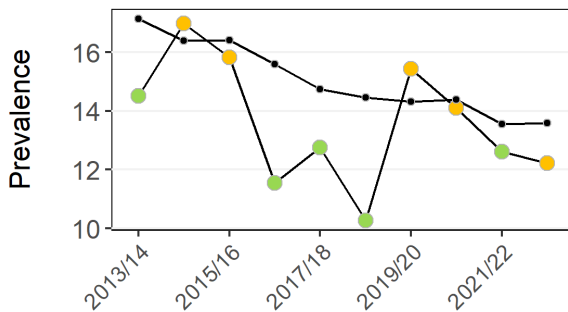
The prevalences in the table above are based on people who have been diagnosed with each condition. This will miss people who have the condition but haven't been diagnosed, so the true prevalence is likely higher than the figures in the table.

Condition	Residents diagnosed	Epping %	England %
Stroke (all ages)	2,132	1.8%	1.9%
Hypertension (all ages)	17,859	14.8%	14.8%
COPD (all ages)	1,947	1.6%	1.9%
CHD (all ages)	3,416	2.8%	3.0%
Osteoporosis (50+ yrs)	202	0.4%	1.1%
Asthma (6+ yrs)	6,711	6.0%	6.5%
Rheumatoid Arthritis (16+ yrs)	810	0.8%	0.8%

The charts below show the estimated proportion of adult residents who are current smokers, and admissions to hospital due to alcohol:

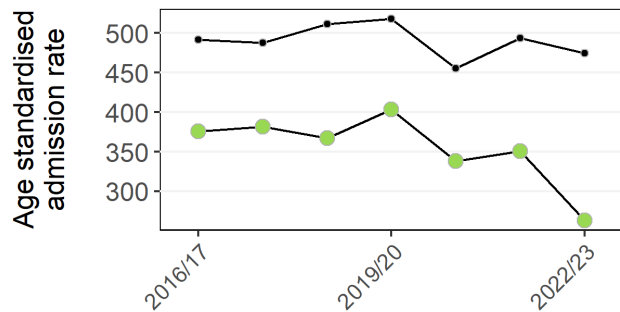
Adult smoking prevalence

Black line is England



Alcohol attributable admissions

Black line is England



Narrow definition

Early years

A child's early years can have a lifelong impact on their health behaviours and outcomes in later life. Some indicators in this area include childhood obesity, admissions to hospital due to injuries, oral health, the proportion of children who are living in poverty, and educational attainment and attendance.

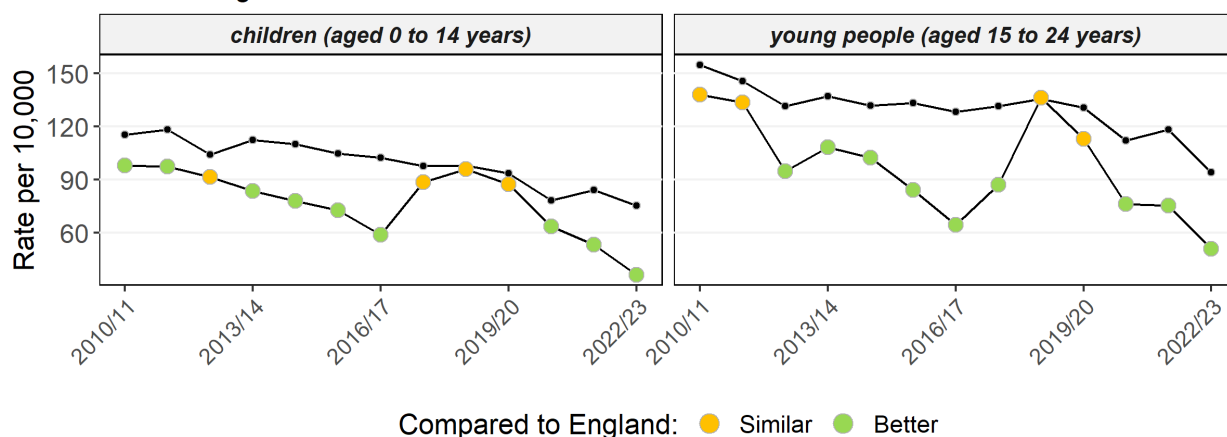
- The proportion of **year 6 children in Epping Forest who are overweight or obese between 2020/21 - 22/23 is 33.3%**, similar to the England proportion (36.6%). Since 2008/09 - 10/11 the proportion of children who are overweight or obese has **decreased by 0.4%** (compared to 3.5% in England).

- **23.2% of Epping Forest 5-year-olds have visually obvious dental decay in 2021/22**, similar to England (23.7%). Since 2007/08 the percentage has **decreased by 7.7%** (compared to 7.2% in England).
- There are **2,237 (8.9%) children living in absolute poverty** in Epping Forest in 2022/23 (defined as households with a total income below 60% of the 2011 median income, adjusted for inflation). This is similar to England (15.6% of children live in absolute poverty). Since 2014/15 the proportion of children living in absolute poverty in Epping Forest has decreased by 1.7%.

The charts below show hospital admission rates for intentional and unintentional injuries in children (aged 0-14) and young people (15-24).

Hospital admissions due to injuries (intentional and unintentional)

Black line is England



Socioeconomic

The area a person lives in, their employment, and their financial situation all influence health. This section looks at affordability of housing, average weekly earnings, and violent crimes in Epping Forest.

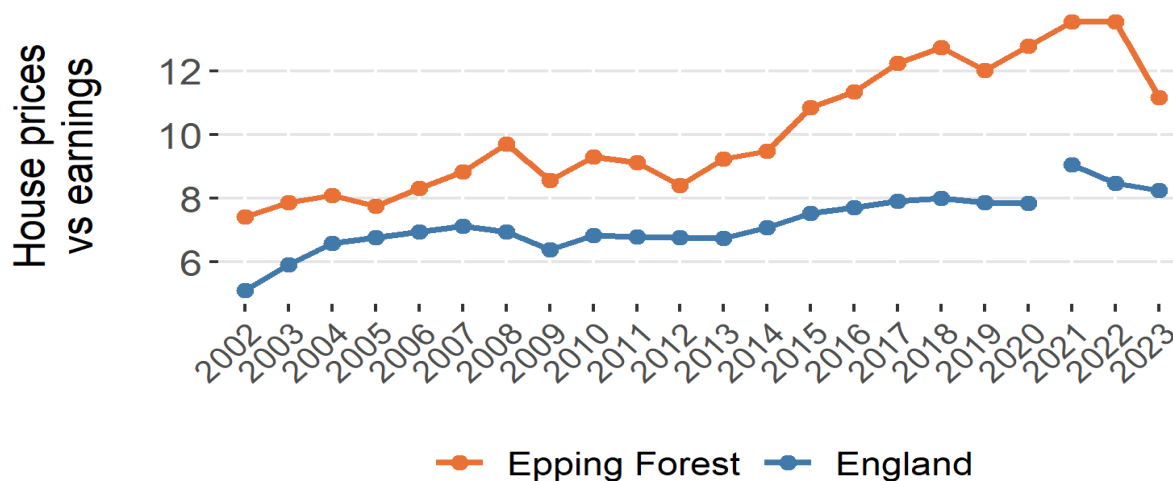
Median weekly earnings have increased by £155 between 2011 and 2023 in Epping Forest. Over the same period median earnings for England increased by £176. In 2023 the median gross weekly earnings in Epping Forest was £653, compared to £566 for England.

The chart below shows the ratio of median house prices to median gross annual earnings. This is an indicator of housing affordability – a value of 2 for example means that the median house price is twice the median income. The higher this ratio is, the less affordable houses are. In 2023 the median Epping Forest house price in 2023 was £502,250 and the median annual gross income was £44,990, giving an affordability ratio of 11.2. England’s affordability ratio was 8.3 – **houses in Epping Forest are less affordable compared to England.**

Since 2014 the housing affordability ratio in Epping Forest has increased by 17.7%, faster than England (over the same period England's ratio increased by 16.5%).

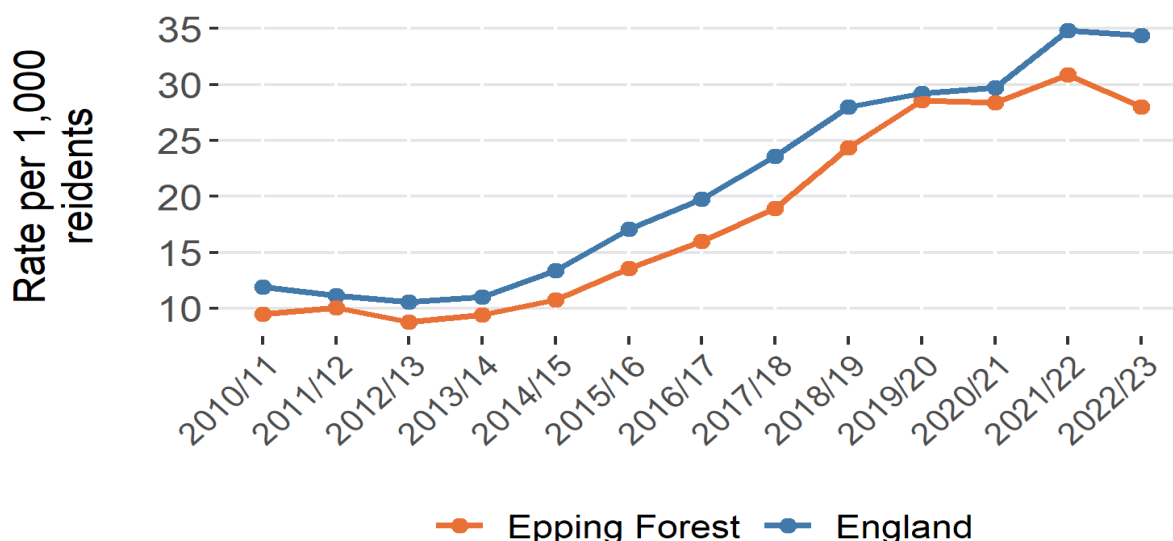
Housing affordability ratio

Higher values indicate lower affordability




























Violent crime rates have been increasing across England – this is due to a combination of an increase in the number of crimes, and improvements in crime reporting. In 2022/23 the violent crime rate in Epping Forest was 28, lower than the England rate (34.4). The chart below shows how the violent crime rate has changed over time.

Violent crime rate



Single page summary

The charts in the table below are *spine charts*. They show how Epping Forest compares against England and all other districts in England for each indicator. There are 4 parts to a spine chart – (1) the light grey area shows the range of values, (2) the dark grey area shows the ‘typical range’, 50% of all local authorities in England will have values inside this range, (3) the white diamond is the England value, and (4) the circle is the indicator value for Epping Forest. The circle is coloured based on if the value for the indicator in Epping Forest is significantly lower, higher, or similar to the England value.

Indicator	Time period	Epping	England	Spine chart
Under 75 mortality rate from all circulatory diseases	2020 - 22	59.4	76.0	
Under 75 mortality rate from cancer	2020 - 22	109.0	123.2	
Under 75 mortality rate from respiratory disease	2020 - 22	18.1	28.9	
Under 75 mortality rate from liver disease	2020 - 22	11.9	21.1	
Infant mortality rate	2020 - 22	1.3	3.9	
Suicide rate	2021 - 23	11.2	10.7	
Stroke: QOF prevalence (all ages)	2023/24	1.8	1.9	
Hypertension: QOF prevalence (all ages)	2023/24	14.8	14.8	
COPD: QOF prevalence (all ages)	2023/24	1.6	1.9	
CHD: QOF prevalence (all ages)	2023/24	2.8	3.0	
Depression: QOF prevalence (18+ yrs) - retired after 2022/23	2022/23	9.9	13.2	
Osteoporosis: QOF prevalence (50+ yrs)	2023/24	0.4	1.1	
Asthma: QOF prevalence (6+ yrs)	2023/24	6.0	6.5	
Rheumatoid Arthritis: QOF prevalence (16+ yrs)	2023/24	0.8	0.8	
Smoking prevalence in adults (aged 15 and over) - current smokers (QOF)	2022/23	13.5	14.7	
Smoking prevalence in adults (aged 18 and over) - current smokers (GPPS)	2022/23	12.2	13.6	
Admission episodes for alcohol-related conditions (Narrow)	2022/23	263.2	474.6	
Year 6 prevalence of overweight (including obesity), 3 years data combined	2020/21 - 22/23	33.3	36.6	
Hospital admissions caused by unintentional and deliberate injuries in children (aged 0 to 14 years)	2022/23	36.1	75.3	
Hospital admissions caused by unintentional and deliberate injuries in young people (aged 15 to 24 years)	2022/23	50.8	94.1	
Percentage of 5 year olds with experience of visually obvious dental decay	2021/22	23.2	23.7	
Children in absolute low income families (under 16s)	2022/23	8.9	15.6	
Affordability of home ownership	2023	11.2	8.3	
Violent crime - violence offences per 1,000 population	2022/23	28.0	34.4	
Average weekly earnings	2023	653.2	565.7	

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