



## Health Inequalities Data Quiz

1. Visit the NEL Health & Care Partnership's website <https://northeastlondon.icb.nhs.uk/your-area/> and look at the area profile data for Barking & Dagenham & Redbridge to find the answers to these questions:
  - a. What is the life expectancy for Males?
  - b. What is the most prevalent long term condition?
  - c. What is the second most spoken language?
  
2. Go to Trust for London's London Poverty Profile <https://trustforlondon.org.uk/data/> and navigate to the Health Topic landing page.
  - a) What can you learn from the Healthy Life Expectancy data about Barking & Dagenham and Redbridge?
  
  - b) Which of the NEL ICB boroughs have reduced childhood obesity rates for children in year 6 between 2014/15 and 2024/25?
  
3. Go to MHCLG's Local Deprivation Explorer Map tool <https://deprivation.communities.gov.uk/maps> search for Mark Gate Community Hub's post code **RM6 5NJ**
  - a. What % of neighbourhoods in England is it more deprived than?
  - b. Is the Health & Disability deprivation domain more or less deprived than the Indices of Multiple Deprivation?
  - c. Is income affecting old people deprivation measure more or less than the overall income deprivation?
  
4. Go to the Office for Health Improvement & Disparities – Fingertips | Public health profiles site <https://fingertips.phe.org.uk/>

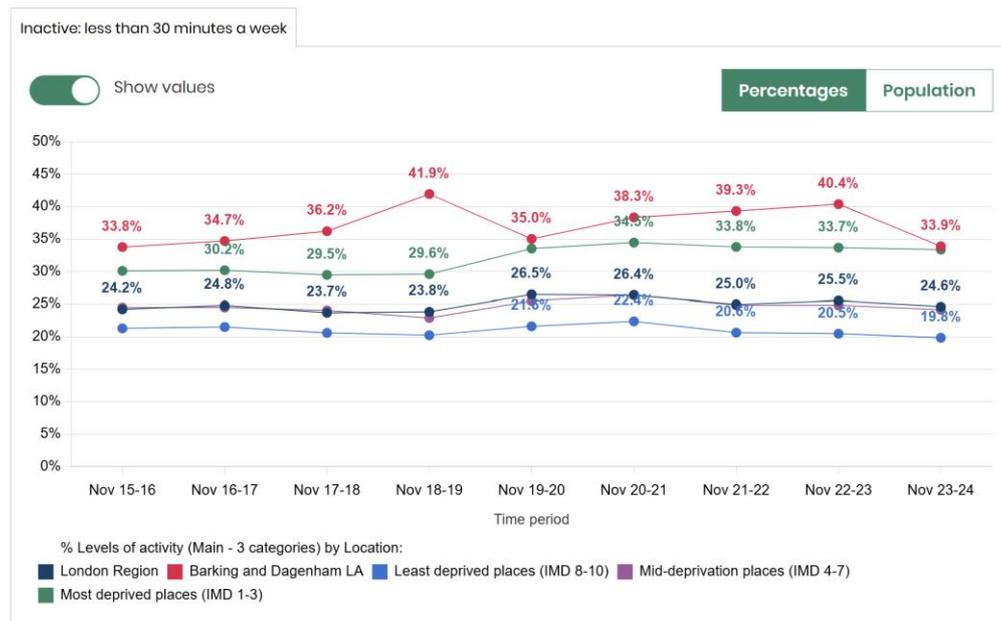
Have a look through the Health profiles page and see if you can spot some useful data for your own context

  - a. Which 4 NEL boroughs have a rate of over 60% of adults over 18 years old overweight prevalence (including obesity) from 2023/24 data? (*Tip – go to the home page and try using the Search bar*)
  - b. What percentage of NHS Healthchecks offered by the NHS were taken up in Q3 2025/26 for Redbridge and Barking & Dagenham?

- c. What data from the Obesity, physical activity and nutrition section would be useful for Care Eat Share?

Tip – look at the Active Lives Adult Survey and the National Diet and Nutrition Survey.

Export chart



### Saturated fats

The UK government recommends that no more than 10% of energy comes from saturated fats. For 2019 to 2023, average intakes exceeded the recommendation. Saturated fats provided 12.5% of energy for children (18 months to 18 years) and 12.6% for adults. Overall, 85% of children and 82% of adults did not meet the recommendation.

### Free sugars

The UK government recommends that no more than 5% of energy comes from free sugars. Overall, less than 1 in 10 children (9%) and less than 1 in 5 adults (19%) met the recommendation. Average intakes were 10.5% of energy for children and 10% for adults. Girls aged 11 to 18 years had the highest intake (12% of energy).

### Fibre

Most people do not meet UK government fibre recommendations (at least 30g per day for adults and 15 to 25g per day for children depending on their age). For younger children, 78% of those aged 18 months to 3 years and 86% of those aged 4 to 10 years did not meet the recommendation for their age group. For children aged 11 to 18 years and for adults, 96% did not meet the fibre recommendation.

## Data analysis and presentation exercises

### 1. Community Lens

Using the Exercise data spreadsheet ([download from here](#)), and the Postcode data sheet, paste into the Community Lens tool <https://datakind-uk.github.io/community-lens-2025> to create a map overlaying Indices of Deprivation data of new attendees to Care Eat Share in 2025.

- a) What percentage of locations are in the bottom 30% of areas in England for IMD?
- b) How many locations are in the 2<sup>nd</sup> and 3<sup>rd</sup> most deprived deciles for Health deprivation & disability

Download the data sheet

- c) How many boroughs do the post code locations fall under?
- d) How many participants come from Barking & Dagenham
- e) How many come from the Ward that the community centre is based in (use the MySociety Map it tool <https://mapit.mysociety.org/> to find out the Ward code for the post code **RM6 5NJ** - right click on the Ward name to find out further information including its Code [E05014058] )

### 2. Datawrapper

Go to the Datawrapper home page <https://www.datawrapper.de/> and select Start creating. Now paste in the data from the General health Census 2021 tab and use Proceed to work through the stages to create a Stacked percentages bar chart ordered by Very bad health for B&D's Wards. (Take some time to play with the various settings)

- a) Where does Chadwell Heath rank compared to other Wards?
- b) What percentage of people have bad or very bad health in Chadwell Heath?