



Health Inequalities Data Quiz & Exercises

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&D = 77 RB = 78.9
 - b. What is the most prevalent long term condition?
Hypertension
 - c. What is the second most spoken language?
Romanian

2. Go to Trust for London's London Poverty Profile <https://trustforlondon.org.uk/data/> and navigate to the Health landing page (*choose Topic rather than Demographics or Boroughs*)
 - a) What can you learn from the Healthy Life Expectancy data about Barking & Dagenham and Redbridge?
The gap between male and female is reduced. In B&D: 63.45 for men and 63.52 for women. RB: 63.71 for men and 63.79 for women.

 - b) Which of the NEL ICB boroughs have seen reduced childhood obesity rates for children in year 6 between 2014/15 and 2024/25?
Hackney – down from 25.7% to 24.9%
Redbridge – slightly down from 23.3% to 23.1%

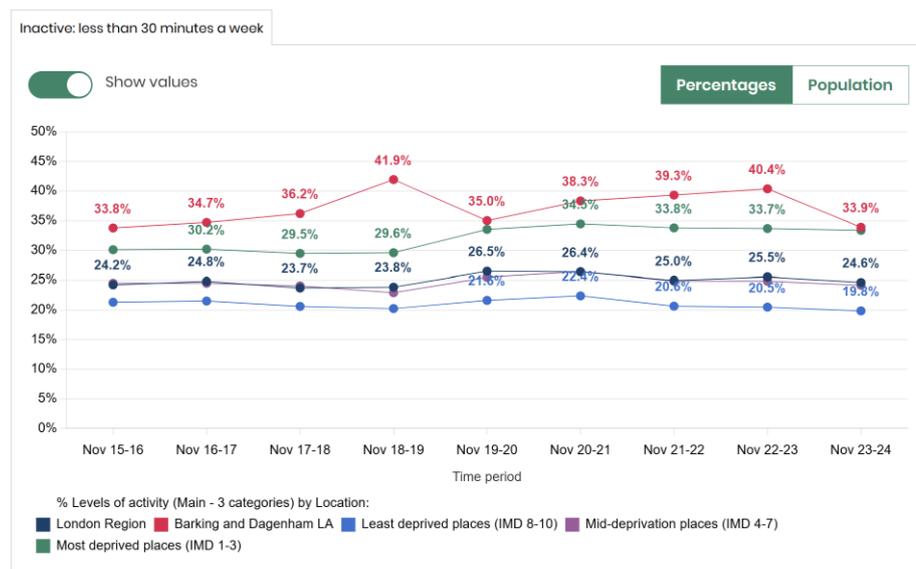
3. Go to MHCLG's Local Deprivation Explorer Map tool <https://deprivation.communities.gov.uk/maps> search for Mark Gate Community Hub's post code **RM6 5NJ**
 - a. What % of neighbourhoods in England is it more deprived than?
80% of neighbourhoods
 - b. Is the Health & Disability deprivation domain more or less deprived than the Indices of Multiple Deprivation?
Less (72% of neighbourhoods)
 - c. Is income affecting old people deprivation measure more or less than the overall income deprivation?
More (92% of neighbourhoods)

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

- 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&D (69.3%); Havering (65.8%); Waltham Forest (62.1%); Tower Hamlets (60.4%)
- What percentage of NHS Healthchecks offered by the NHS were taken up in Q3 2025/26 for Redbridge and Barking & Dagenham?
B&D = 12% (the worst) RB = 27%
- 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).

Data analysis and presentation exercises

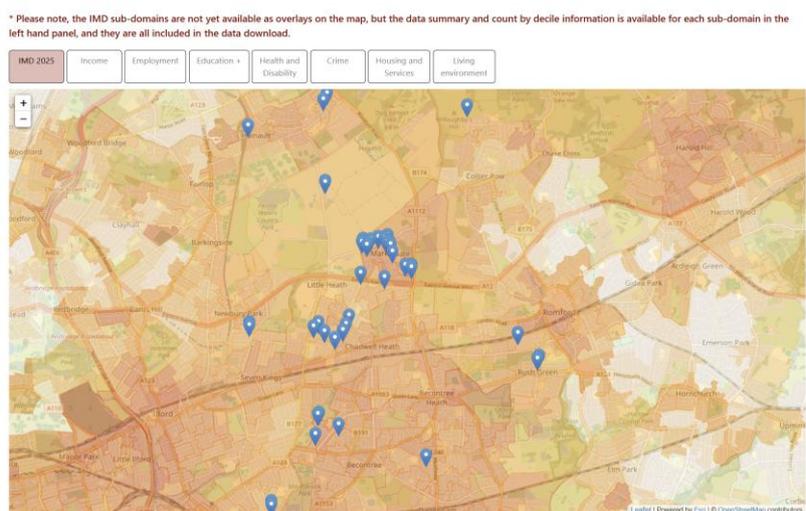
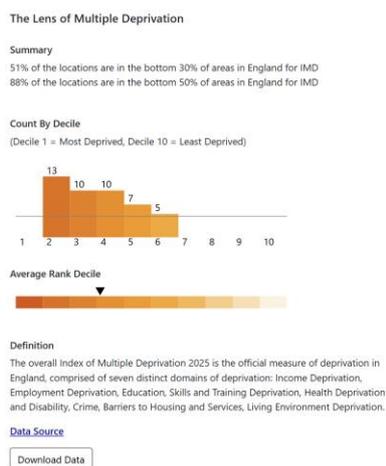
1. Community Lens

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.

- What percentage of locations are in the bottom 30% of areas in England for IMD? **51%**
- How many locations are in the 2nd and 3rd most deprived deciles for Health deprivation & disability **19**

Download the data sheet

- How many boroughs do the post code locations fall under? **3**
- How many participants come from Barking & Dagenham **23**
- 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]) **16**



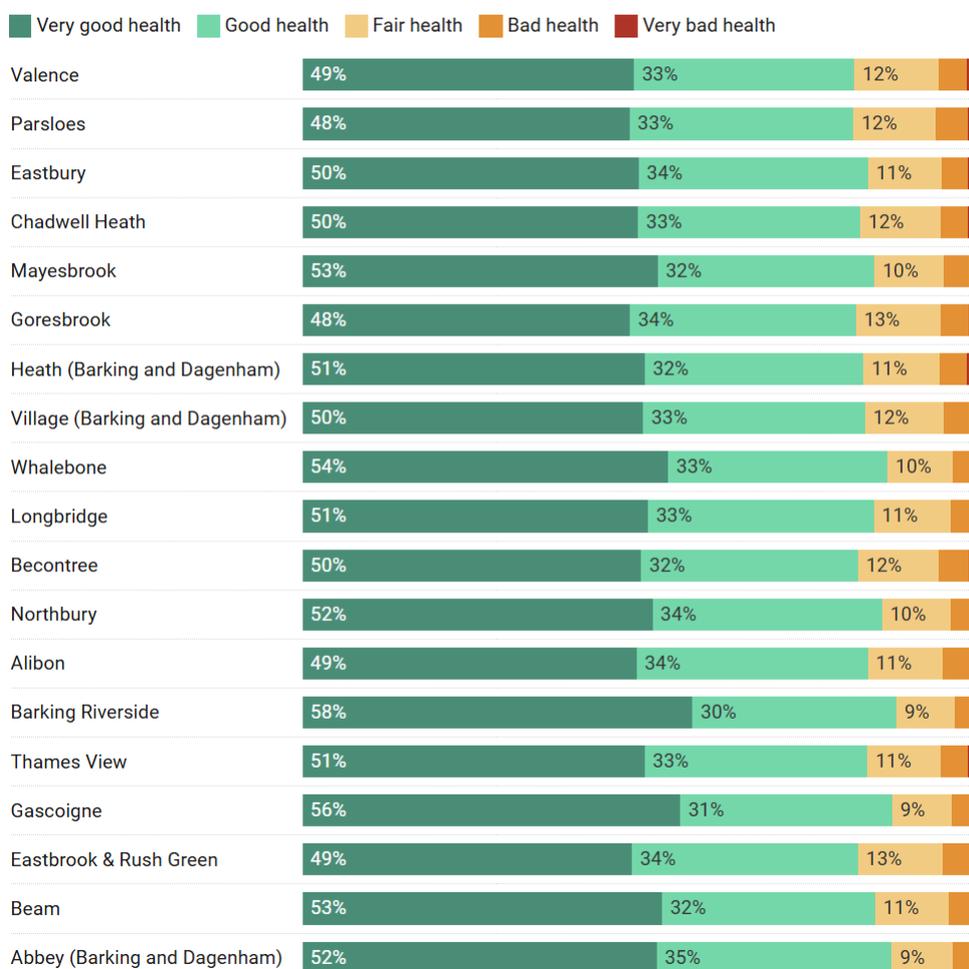
2. Datawrapper

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 the Proceed button to work through the stages to create a Stacked percentages bar chart. Order this by Very bad health for B&D's Wards. (Take some time to play with the various settings)

- Where does Chadwell Heath rank compared to other Wards? **4th**
- What percentage of people have bad or very bad health in Chadwell Heath? **5.4%**

General Health by Ward in Barking and Dagenham

Sorted by Very bad health (actual numbers)



Source: ONS - Census 2021 • [Get the data](#) • Created with [Datawrapper](#)

[Click here](#) for the interactive online chart

3. Headliner

Download the audio file from the session resources folder and create an account at <https://www.headliner.app/> (skip all optional options to set up a basic account)

Create and transcribe a simple audio recording without creating a podcast or sharing to social media.



I'M NOT SURE, SHOW ME THE OLD OPTIONS

