



Depression

Public Health Fact Sheet — February 2026



Public Health Intelligence

WHAT IS DEPRESSION?

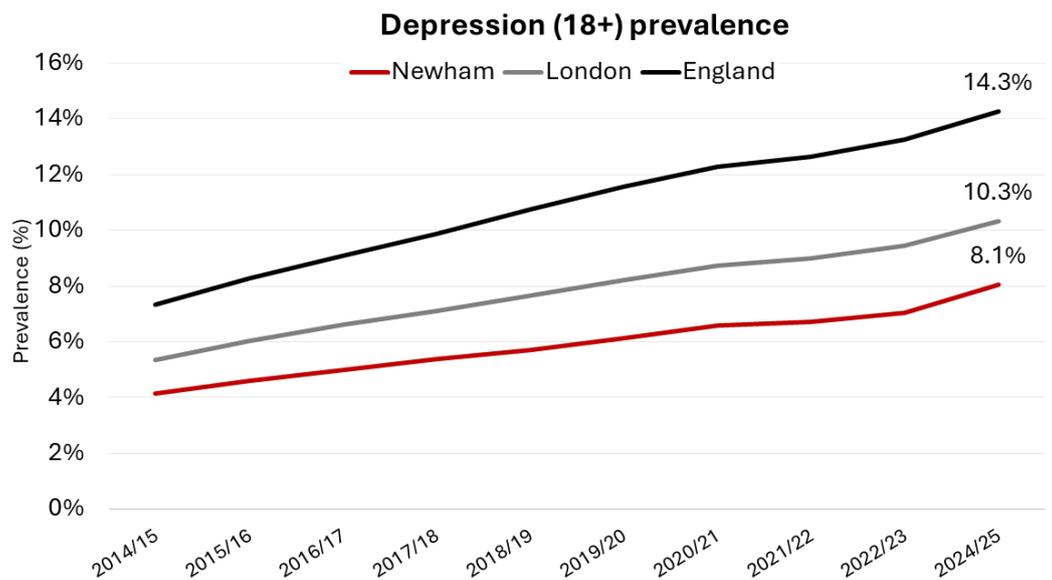
Depression is a common mental health condition that affects how you feel, think and cope with daily life, causing persistent low mood, loss of interest and low energy. It can vary in severity and duration, but effective treatment and support are available.



NEWHAM DEPRESSION OVERVIEW

Around **1 in 12** Newham adults (approximately 31,000 residents) are living with depression.

Although this is **lower** than London and England, this has more than **doubled** since 2014/15.



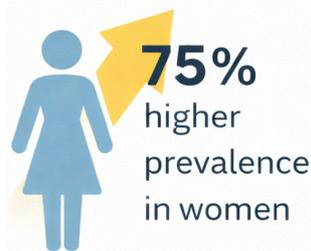
Source: QOF, via Fingertips

INEQUALITIES

Inequalities in recorded depression vary across populations in Newham. However, differences may reflect variation in diagnosis and access to services, rather than underlying prevalence alone.

GENDER

Depression is higher among women in Newham, with 11.2% affected compared with 6.4% of men.

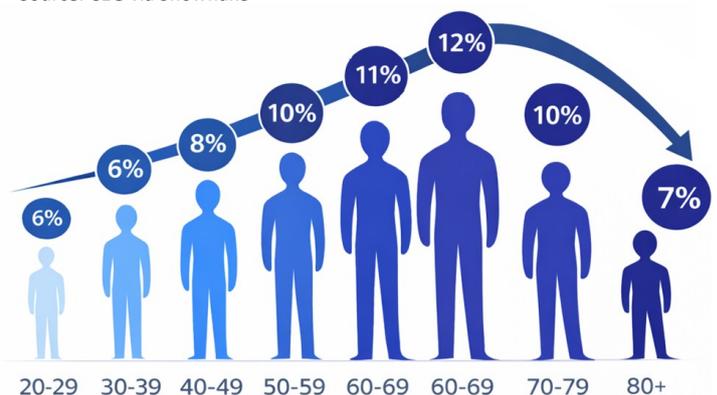


Source: CEG via Snowflake

AGE GROUP

Recorded depression prevalence increases steadily from young adulthood, peaks at **12% among those aged 60–69**, and then declines in those aged 70 and above.

Source: CEG via Snowflake



ETHNICITY

The age-standardised rate of depression is 3x higher among Pakistani residents compared to Black African residents.

Ethnicity	Relative rate
Pakistani	Highest
White British	High
Other groups	Moderate
Black African	Lowest

Source: CEG via Snowflake

Relative rates of depression prevalence by ethnicity



Depression

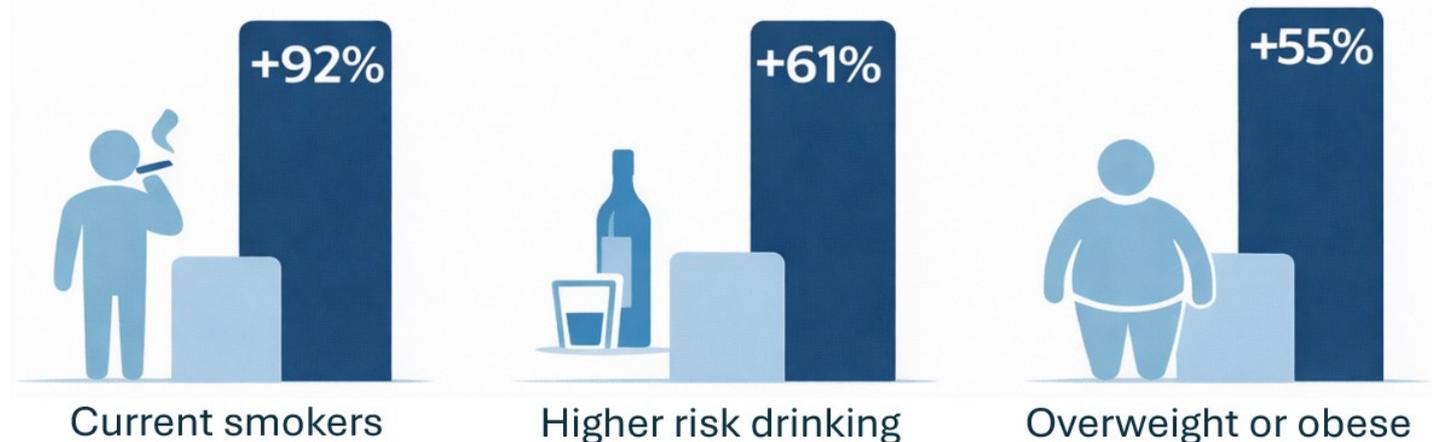
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HEALTH BEHAVIOURS AND WIDER DETERMINANTS

Residents with recorded depression are substantially more likely to smoke, drink at higher risk levels and be overweight or obese compared to those without depression, highlighting the increasing physical health risks that people with depression experience. Source: CEG via Snowflake

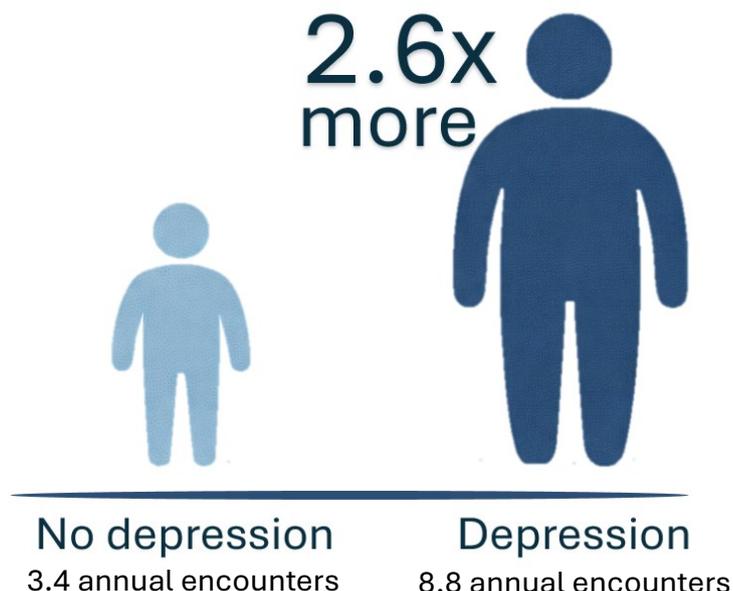


IMPACT ON SERVICES

Residents with recorded depression have substantially higher primary care use, averaging 8.8 encounters per year compared with 3.4 among those without depression - around 2.6 times more contact.

Women attend more frequently than men overall, with women with depression averaging 10.2 encounters per year compared with 6.8 among men, and similar gender differences observed among those without depression.

Depression and Primary Care Use



Source: CEG via Snowflake

KEY MESSAGES

1 in 12



Around **1 in 12** adults in Newham are living with recorded depression, and prevalence has more than doubled since 2014/15.



Marked **inequalities** are evident, with higher rates among women, middle–older adults and some ethnic groups, and substantial variation in recorded rates across the population.



Depression is associated with clustering of **health risks**, including higher rates of smoking, harmful alcohol use and obesity.



Residents with depression place significantly greater demand on services, with **2.6** times more primary care encounters compared to those without depression.