Newham London

Summary: 50 Steps to a Healthier Newham

2025/26 Annual Report



Overview of progress in 2025/26

50 Steps to a Healthier Newham is the Health and Wellbeing Board's strategy to improve health and reduce inequalities through partnership between the council, NHS, VCFSE sector, schools, employers and residents.

In 2025/26, Newham's overall direction of travel was positive: nearly half of the key outcome indicators (20 out of 46) had improved since 2019. However, 13 remained unchanged and 13 deteriorated, indicating areas for continued focus.

Key achievements include:



Life expectancy increased and inequality in life expectancy narrowed



Breastfeeding at 6-8 weeks increased from 39% in 2022/23 to 56% in 2025/26



Physical activity among children and young people improved to London and England levels (from 28% in 2018/19 to 47% in 2024/25)



The proportion of four- to five-year-olds in Newham with overweight (including obesity) fell substantially since the 2020/21 pandemic peak and is now similar to the England average



Mortality from cardiovascular disease improved



Smoking prevalence reduced from 14% in 2019 to 11% in 2025



Suicide rate reduced below the London and England averages and is now the lowest of all local authorities in England



The proportion of deaths attributable to particulate air pollution fell as air quality improved

50 Steps increasingly demonstrated its ability not only to improve outcomes, but also to target improvements towards groups experiencing the greatest disadvantage and poorest outcomes.

There is still work to do, with a number of areas needing particular focus where outcomes have stalled or got worse – such as oral health in children, immunisation, cancer screening, HIV and TB – which will be a be a focus in 2026/27, the third and final year of the strategy.

Overview of progress against the equity objectives

Each step has a specific, measurable equity objective to embed equity as a golden thread across the strategy. Most equity objectives moved beyond identifying inequalities and are now delivering and testing solutions.

41 ↗

steps showed positive progress

22 →

steps moved to a later stage in the 'Four steps to improving equity' framework, meaning that they are progressing through the processes needed to understand health inequalities and implement effective service improvements

32 ✓

steps are now at the final 'implement and evaluate' stage, meaning that they are delivering and testing evidence-informed solutions

1. Giving children and young people the best start in life



Equity achievements

- Targeted support was introduced for Black boys over-represented in youth justice services – for example through initiatives such as Lift As We Climb mentoring, culturally responsive interventions, adultification awareness training and aspiration-raising programmes
- Representation improved among Black African children in healthy weight services (from 7% in 2024/25 to 13% in 2025/26)

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
1.	Proportion of mothers exclusively breastfeeding at 10–14 days	44% (2023/24)	42% (2024/25)	42% (2025/26)
2.	Proportion of infants who receive a face-to-face new birth visit by a health visitor within 14 days	93% (April 24)	95% (April 25)	98% (April 26)
3.	Number of schools achieving Bronze, Silver and Gold Healthy Schools status	Bronze: 48; Silver: 11; Gold: 2 (April 24)	Bronze: 54; Silver: 21; Gold: 5 (April 25)	Bronze: 65; Silver: 26; Gold: 12 (April 26)
4.	Number of children who have engaged in supervised tooth brushing sessions	1,317 (2023)	432 (2024)	311 (2025)
5.	Percentage of children accessing the tier 2 weight management service who complete it	70% (2023/24)	93% (2024/25)	88% (2025/26)
6.	Number of hours young people are engaging in influencing activities	1,625 (2023/24)	2,177 (2024/25)	3,691 (2025/26)

2. Promoting good mental health



Equity achievements

- Identified geographic and demographic gaps in mental health services, which will enable outreach and targeted service to neighbourhoods or groups with lower access, such as the northeast of the borough
- Developed pilot for young Black boys under-represented in mental health support, undertaking targeted interventions focussing on young people aged 13-18

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
7.	Number of individuals accessing the Children and Young People Mental Health Integrated Front Door	No data	297 (2024/25)	437 (2025/26)
8.	Number of residents participating in Newham Recovery College	283 (2023/24)	978 (2024/25)	1,138 (2025/26)
9.	Number of residents accessing adult Community Integrated Mental Health Teams (CIMHS)	6,886 (2023/24)	7,108 (2024/25)	6,412 (2025/26)
10.	Number of people participating in cultural events and activities	59,032 (2023/24)	67,234 (2024/25)	60,972 (2025/26)

3. Preventing illness and providing high quality health and care services

Equity achievements

- Dedicated healthy-eating support for people with a learning disability and their carers far exceeded targets: there were 29 starters (target: 20) and 28 completers (target: 12), and 50% of service users achieved 3% weight loss
- HIV screening among Black African/Caribbean residents increased by 59% and PrEP uptake among Black African/ Caribbean residents increased by 80%

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
11.	Number of people completing Live Well Newham weight and movement service and achieving 3% or greater reduction in body weight	266 (27% of completers) (2023/24)	268 (31% of completers) (2024/25)	103 (34% of completers) (2025/26)
12.	Percentage of people with elevated risk of cardiovascular disease who are receiving cholesterol-lowering treatment	No data	60%	61%
13.	Proportion of eligible population taking up NHS Health Checks	87% (2023/24)	61% (2024/25)	67% (2025/26)
14.	STI testing rate	8,824 per 100,000 (2023)	8,750 per 100,000 (2024)	8,535 per 100,000 (2025)
15.	Proportion of people who are extremely satisfied or very satisfied with the care and support they receive	61% (2023/24)	60% (2024/25)	61% (2025/26)

4. Addressing smoking and substance misuse

Equity achievements

- Improved access to substance misuse services for women, who face specific barriers, by developing a co-location arrangement within Family Hubs and establishing links with the Midwifery Link role

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
16.	Proportion of service users with a quit at four weeks	60% (2023/24)	63% (2024/25)	52% (2025/26)
17.	Number and annual percentage change in residents receiving treatment and support from the substance misuse service	1,631 (2020/21)	1,568 (2021/22); -3.9% from baseline	1,575 (2022/23); +0.4% from 2021/22

5. Creating an inclusive borough

Equity achievements

- 89% of refugees and people seeking asylum (known to the council) were enrolled in or assessed for the English for Speakers of Other Languages (ESOL) programme (or did not need ESOL / were not eligible). ESOL is a key route to learning English, which increases language skills and life chances for this inclusion health group
- Bowel screening uptake among people with a learning disability increased from 42% (in 2024) to 64% and breast screening uptake for women with a learning disability increased from 21% (in 2023) to 55%

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
18.	Number of residents aged 50+ accessing Well Newham services	12,146 (2023/24)	5,116 (2024/25)	4,129 (2025/26)
19.	Proportion of people with a learning disability completing their annual health check — age 18+	18+: 86% 14-17: 84% (2023/24)	18+ 86% 14-17: 84% (2024/25)	18+: 87% 14-17: 80% (2025/26)
20.	Number of practices who have signed up to Doctors of the World Safe Surgeries and engaged with the Safe Surgeries network	4 (April 2024)	10 (April 2025)	2 (April 2026)
21.	Proportion of people seeking asylum placed in a contingency hotel who are registered with a GP	No data	99%	97%
22.	Number of residents using Domestic Abuse services	880 (2023/24)	1,027 (2024/25)	1,378 (2025/26)

6. Protecting residents from threats to their health

Equity achievements

- A tuberculosis pathway for people sleeping rough was co-developed, with the aim of improving the patient journey and supporting treatment completion
- Newham was selected as one of six trailblazer London boroughs to increase uptake of MMR1 vaccines

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)	2025/26 value (date)
23.	Proportion of people with TB in Newham who complete treatment within 12 months	81% (2022)	85% (2023)	83% (2024)	84% (2025)
24.	Number and percentage uptake of seasonal flu vaccinations given to priority groups	64,746 (39%) (Sep 2023 - Mar 2024)	59,531 (36%) (Oct 2024 - Mar 2025)	60,625 (36.3%) (Sep 2025 - Mar 2026)	

7. Creating a healthier food environment

Equity achievements

- Healthy food advertising prioritised deprived neighbourhoods, with five new freestanding digital advertising units located in IMD Quintile 1-2 areas
- Newham's food clubs supported on average 447 individuals with no recourse to public funds each week, up from an average of 413 individuals a week in 2024/25

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
25.	Value of advertising estate in Newham where the Nutrient Profile Modelling-based Newham Healthier Advertising Policy is controlling content and actively promoting healthier food	£40,000 (2023/24)	£40,000 (2024/25)	£163,000 (2025/26)
26.	Number of partners engaged by Sustainable Food Newham	10 (April 2024)	15 (April 2025)	32 (May 2026)
27.	Application by schools of the Eat for Free grant principles (% of total principles accumulated across schools)	New data	74%	76
28.	Number of Newham Food Alliance partner attendances at Social Welfare Alliance training	554 (April 2024)	621 (April 2025)	727 (April 2026)

8. Making Newham a place for people and planet

Equity achievements

- A record 40 schools achieved TfL Travel for Life Gold accreditation, contributing to an increase in the Healthy Streets Scorecard score, from 34% to 40%. This increased opportunities for safe walking, wheeling, cycling and public transport for residents, including children and lower-income households
- 10,402 Bookstart packs were distributed (100% distribution), with Early Years provision targeted towards those living in the most deprived areas of the borough

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
29.	Carbon saved by reducing the number of high carbon inhalers prescribed in Newham	6,563,744 kg of CO_2 equivalent per 1,000 patients (2023)	6,249,291 kg of CO_2 equivalent per 1,000 patients (2024)	5,978,602 kg of CO_2 equivalent per 1,000 patients (2025)
30.	Number of people using Air Aware, Newham's online air quality resource	2,500 (April 2024)	3,400 (April 2025)	5,600 (March 2026)
31.	Number of Healthy School Streets sites	19 (April 2024)	50 (April 2025)	64 (April 2026)
32.	Proportion of the borough as low-traffic neighbourhood	44% (2023/24)	45% (2024/25)	45% (2025/26)
33.	Number and percentage of residents taking part in initiatives in the new low-traffic area	New data	342; 4% of low-traffic neighbourhood area residents (2024/25)	1,024 took part in initiatives in the West Ham Park scheme; 10% of residents of the low-traffic neighbourhood area (November 2024–November 2025)
34.	Number of visits to Newham libraries	1,302,944 (2023/24)	1,328,407 (2024/25)	1,320,613 (2025/26)

9. Promoting health through housing

Equity achievements

- 242 residents were supported to claim Pension Credit worth £1.1 million, supporting households who may be otherwise experiencing fuel poverty
- Over 30,000 households with children were supported via Household Support Fund, helping low-income families manage the impact of rising living costs

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
35.	Number of properties inspected per year	10,470 (2023/24)	11,065 (2024/25)	10,636 (2025/26)
36.	Number of people sleeping rough on a single night	23 (April 2024)	17 (March 2025)	14 (March 2026)
37.	Number of residents supported by the Stay Warm in Newham Project and the Community Charged Energy Support Programme	Stay Warm in Newham Project: 141 residents Community Charged Energy Support Programme: 187 Households (2023/24)	Stay Warm in Newham Project: 201 residents Community Charged Energy Support Programme: 459 Households (2024/25)	No data (project funding ended)

10. Increasing participation in leisure and sport

Equity achievements

- Improvement work at Newham Leisure Centre included a women's-only gym and new soft play provision; there were approximately 30,000 visits to soft play since September 2025
- New Travel for Worship campaign was launched to extend the reach of BetterPoints into more diverse communities

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
38.	Number of attendances at community leisure programmes	30,535 (April 2023–January 2024)	14,702 (2024/25)	17,518 (2025/26)
39.	Number of participants and attendances at leisure centres, including inactive populations	1,021,065 (April 2023–January 2024)	1,147,299 (2024/25)	1,246,257 (2025/26)
40.	Number of new or improved sports, leisure and play facilities	5 (2023/24)	8 (2024/25)	13 (2025/26)

11. Building an inclusive economy

Equity achievements

- Targeted support for residents with underclaimed benefits, often at the point of crisis, achieved over £4.4 million in income maximisation
- Thirteen young people with health-related issues were supported through a summer jobs programme

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
41.	Number and proportion of residents who are not claiming benefits that they are entitled to	New data	24,649 (estimated) (April 2025)	25,892 (estimated) (April 2025)
42.	Number of Newham employers signed up to London Living Wage	87 (April 2024)	91 (April 2025)	96 (April 2026)

12. Partnerships rooted in the community

Equity achievements

- The community health checks programme expanded to 21 organisations, increasing access to basic health checks through voluntary, community and faith sector partnerships
- The Deaf-specific Well Newham webpage achieved 830+ views (target: 100)

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
43.	Number of residents engaging with the Well Newham Directory of Service	20,612	13,875	17,687 (2025/26)
44.	Number of organisations and community members involved in the social movement programme	297 (April 2024)	664 (April 2025)	717 (2025/26)
45.	Visits to website pages relating to key health promotion campaigns	2,652 total: Stop smoking 1,362; Stoptober 384; Kickstart 595; Diabetes 195; Winter wellness 116 Total page views: 25,110	2,222 total: Stop smoking 1,380; Stoptober 169; Kickstart 23; Diabetes 436; Winter wellness 214. Total page views: 25,110	2,563 (Helping everyone in Newham to live well); 1,805 (What's on near me?); 1,471 (Events for frontline workers, volunteers and champions); 1,058 (Stop Smoking). Total page views: 39,353
46.	Number of live health literacy improvement initiatives across system partnership	New data	3 (2024/25)	3 previous projects completed; 3 new projects live; 2 projects in academic partnerships ongoing; 1 being planned

13. Driving quality across our health and care partnership

Equity achievements

- Over 30 projects used the DILLN (Does it Look Like Newham) equity tool to understand whether people accessing the services truly reflected the local population. DILLN started being used across the council

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
47.	Number of anchor organisation services and teams participating in Health Equity Programme improvement activity	2 (April 2024)	187 (April 2025)	Total: 188, comprising LBN Senior Leadership Forum (100); Adult Social Care Commissioning (30); Family Hub teams (5); Benefits (3); Placemaking (1); Public Health (7); Neighbourhoods (40); Libraries (2); East London Foundation Trust
48.	Proportion of patients aged under 80 with high blood pressure who are effectively treated (to target)	New data	65%	67%

14. Partnering in research, data and intelligence

Equity achievements

- There were five masters dissertation collaborations, giving local students the opportunity to inform work to improve health inequalities in Newham: topics focussed on discrete, defined inequalities issues, such as food security, breastfeeding support and health literacy
- Analysis of Early Help data showed that children of Black African ethnic groups tend to be under-represented in universal service and over-represented in targeted or specialised services. This allowed Children's Services to develop ways to increase access to universal services for Black African groups, where early intervention can prevent escalation, crisis or more complex needs from developing

KPIs

Step	KPI	Baseline value (date)	2024/25 value (date)	2025/26 value (date)
49.	Number of Centre for Health and Care Equity outputs	10 (2023/24)	5 (2024/25)	5 masters dissertation collaborations; 100+ undergraduate student placements from the University of East London (UEL) and Queen Mary University of London (QMUL), across disciplines including marketing, business and medicine
50.	Delivery of key outputs, including 50 Steps refresh, JSNA and place-based intelligence	The report lists health needs population surveillance, including measures of equity; equity analysis of reablement, hospital readmissions and avoidable admissions; and development of a new system to monitor Healthy Start Vitamins and Vitamin D uptake, including equity analysis	Key public health intelligence outputs included the Newham Joint Strategic Needs Assessment (JSNA) 2025; Newham Children's JSNA 2025; 2025 Neighbourhood Profiles; DILLN tool; long-term condition dashboard; Depression Equity Dashboard; Schools Equity Dashboard; Avoidable Hospital Admissions Dashboard; Suicide Dashboard; Adult Social Care JSNA and needs assessment; Adult Safeguarding equity analysis; and Children's Services equity analysis	All analyses continued to consider equity and variation by ethnicity where data allowed. Work included analysis of Early Help data and adult social services use by ethnicity

Outcome indicators

Overarching outcomes

Outcome	Baseline		Year 1 (2024/25)		Year 2 (2025/26)			
	Data year	Value	Data year	Value	Data year	Value	Comparison to London average	Comparison to 2019
Life expectancy at birth, males	2022	78.9	2023	Males = 79.0	2025	Males = 80.1		↗
Life expectancy at birth, females	2022	83.0	2023	83.5	2025	84.1		→
Healthy life expectancy, males	2020-22	62.7	2021-23	61.8,	2022-24	62.8		→
Healthy life expectancy, females	2020-22	63.3	2021-23	62.2	2022-24	63.1		→
Premature mortality rate, males	2022	461.0 / 100,000	2023	446.1 / 100,000	2025	428.3 / 100,000		↘
Premature mortality rate, females	2022	272.6 / 100,000	2023	254.6 / 100,000	2025	260.2 / 100,000		→
Inequality in life expectancy, males	2017-19	7.2 years	2018-20	8.1 years	2022-24	5.7 years		↘
Inequality in life expectancy for males, females	2017-19	5.7 years	2018-20	6.6 years	2022-24	0.3 years		↘
Percentage of residents with high or very high life satisfaction	2022	65%	2023	56%	2025	86% (Note: new methodology)	Cannot be calculated	New methodology

50 Steps theme: people

Outcome	Baseline		Year 1 (2024/25)		Year 2 (2025/26)			
	Data year	Value	Data year	Value	Data year	Value	Comparison to London average	Comparison to 2019
Prevalence of breastfeeding 6-8 weeks after birth	2022/23	39%	2023/24	52%	2024/25	56%	Cannot be calculated	↗
Proportion of children ready for school	2022/23	71%	2023/24	71%	2024/25	72%		↗
Prevalence of children's healthy weight, reception	2022/23	76%	2023/24	77%	2024/25	77%		↗
Prevalence of children's healthy weight, Year 6	2022/23	52%	2023/24	55%	2024/25	54%		→
Percentage of 5-year-olds with dental decay	2021/22	34%	2022/23	40%	2023/24	40%		↗
Number of young people who report feeling safe in their local area (daytime), age 16-24	2022	59%	2023	51%	2025	92% (Note: new methodology)	Cannot be calculated	New methodology
Depression prevalence (18+)	2022/23	6.7%	2023/24	7.0%	2024/25	8.1%		↗
Proportion of residents who always or often feel lonely	2020-22	9%	2021-23	9%	2022-24	8.5%		↘
Suicide rate	2020-22	5.9 / 100,000	2021-23	4.7 / 100,000	2022-24	4.6 / 100,000		↘
Diabetes prevalence	2022/23	9%	2023/24	9%	2024/25	9%		↗
Coronary heart disease prevalence	2022/23	1.6%	2023/24	1.7%	2024/25	1.7%		→
Cardiovascular disease mortality, males	2022	321 / 100,000	2023	310 / 100,000	2025	296 / 100,000		↘
Cardiovascular disease mortality, females	2022	209 / 100,000	2023	201 / 100,000	2025	197 / 100,000		↘
Cancer mortality, males	2022	263 / 100,000	2023	311 / 100,000	2025	250 / 100,000		→
Cancer mortality, females	2022	183 / 100,000	2023	202 / 100,000	2025	204 / 100,000		→

Outcome	Baseline		Year 1 (2024/25)		Year 2 (2025/26)			
	Data year	Value	Data year	Value	Data year	Value	Comparison to London average	Comparison to 2019
Cervical screening coverage, age 25-49	2023	57%	2024	56%	Data not available	Data not available		↘
Cervical screening coverage, age 50-64	2023	72%	2024	72%	2025	72%		↘
Colorectal screening coverage	2023	57%	2024	57%	2024	57%		↗
Breast screening coverage, age 53-70	2023	48%	2024	52%	2025	56%		→
Emergency admissions due to falls, age 65+	2022/23	1,421 / 100,000	2023/24	1,739 / 100,000	2024/25	1,758 / 100,000		↘
Prevalence of adults overweight/obese	2021/22	47%	2022/23	63%	2024/25	62%		↘
Smoking prevalence	2022	11%	2023	13%	2024	11%		↘
Smoking prevalence in routine and manual occupations	2022	10%	2023	9%	N/A	Data unavailable: there has been no update since 2023		↘
MMR vaccination coverage (2 doses at 5 years old)	2022/23	68%	2023/24	68%	2024/25	67%		↘
Flu vaccination coverage, age 65+	2022/23	63%	2023/24	60%	2024/25	55%		↘
Incidence of TB	2019-21	42 / 100,000	2020-2022	41 / 100,000	2022-2024	41 / 100,000		→
Late HIV diagnoses	2020-22	38%	2021-2023	46%	2022-24	45%		↗
New STI diagnosis rate	2022	1,160 / 100,000	2023	1,263 / 100,000	2024	1,311 / 100,000		↗
Successful completion of drug treatment, opiate	2022/23	2.6%	2023/24	4.6%	2024/25	4.4%		→
Successful completion of drug treatment, non-opiate	2022/23	22%	2023/24	18%	2024/25	23%		→

50 Steps theme: place

Outcome	Baseline		Year 1 (2024/25)		Year 2 (2025/26)			
	Data year	Value	Data year	Value	Data year	Value	Comparison to 2019	Comparison to 2019
Proportion eating '5 a day'	2021-22	26%	2022/23	21%	2024/25	20%		↘
Proportion of physically active adults	2022/23	58%	2023/24	61%	2024/25	59%		↗
Proportion of residents with high or marginal food security	2021	51%	2022	41%	Data not available	Data unavailable: there has been no update since 2022	Cannot be calculated	No long-term trend data
Number of households in temporary accommodation	2021/22	5579 households	2023/24	6154 households	2024/25	6777 households		↗
Proportion of deaths attributable to particulate air pollution	2022	7.5%	2023	6.6%	2024	7.2%	Cannot be calculated	↘
Proportion of trips made by walking, cycling or public transport	2021	76%	2024	70%	Data not available	Data not available		→
Proportion of households in homes in fuel poverty	2021	18%	2022	15%	2023	13%	Cannot be calculated	↘
Winter mortality index	Aug 2020 - July 2021	104.80%	Aug 2021 - July 2022	10.20%	Data not available	Data not available		→
Proportion of people in employment, age 16-64	2022/23	75%	2023/24	71%	2024/25	66%		↘
Proportion of people in employment, age 50-64	2022/23	55%	2023/24	69%	2024/25	67%		→