

What's next?

HERON

Phase 2 of the study is related to the Health Inequalities Research Network [HERON], which was founded by collaborative research teams at King's College London and Columbia University in New York (US) and aims to bring together researchers, health practitioners and community members and provide a forum to discuss health inequalities. HERON has hosted a number of activities since its launch in 2011; including community talks, workshops on health inequalities at local colleges, a library road show to present SELCoH research findings at local libraries and photography workshops for people experiencing mental illness. You can find out more information about HERON community events and sign up to our mailing list at www.kcl.ac.uk/innovation/groups/heron or, alternatively, you can email us at heron@kcl.ac.uk.

SELCoH Phase 3

We are planning a third phase of the study which also has the overall aim to see if there have been any changes in your health over time. However, this time we are also interested in potential biological responses to stress and low mood, such as changes in blood pressure and hormone levels.

Please look out for our letter in the post and please feel free to visit our website, www.kcl.ac.uk/research/selcoh, for up to date information on the SELCoH study.

UPDATE YOUR CONTACT INFORMATION

If your contact information has changed, please let us know by visiting the SELCoH website, www.kcl.ac.uk/innovation/groups/selcoh. This information will greatly help us in contacting you for Phase 3.

Alternatively, you can email us at selcoh@kcl.ac.uk or call us on **0203 228 8559**.

Thank you

Once again, many thanks for taking part in the study! We hope that you have found this report interesting and useful and hope that you will continue to support our research.

KEEPING UP TO DATE

We would like to continue to send you updates on the progress of our study and study findings. In order to do this, it is vitally important for us to have your most up-to-date contact details. If you have any questions about the study or if you have changed address, telephone number, email address or any of the other contact details you supplied us with, please contact us to let us know or simply fill in the change of address form on our website, www.kcl.ac.uk/innovation/groups/selcoh.

You can reach our study team at our address, telephone number, email, or website:

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King's College London
BRC Nucleus, PO Box 92
Mapother House
De Crespigny Park
London SE5 8AF

Tel: **0203 228 8559**
Email: selcoh@kcl.ac.uk
Website: www.kcl.ac.uk/innovation/groups/selcoh

A photograph of a park scene with a large, ornate gazebo in the center. The gazebo has a dark, domed roof and is surrounded by a low wall. In the background, there are trees and a brick building. The foreground shows a paved path and a large tree on the right side.

SELCoH Newsletter 2013

South East London Community Health Study

SURVEY OF PHYSICAL AND MENTAL WELL-BEING IN SOUTH EAST LONDON

DEAR PARTICIPANT

Over the last two years we have been busy interviewing many of you for Phase 2 of the South East London Community Health [SELCoH] Study at King’s College London, a survey that collected data on physical and mental well-being of residents in Southwark and Lambeth.

THANK YOU

The SELCoH team is incredibly grateful for your participation and contribution, without which we would not be able to achieve our aims and goals for this study. We are now writing to SELCoH study participants to let you know about some of our preliminary study findings from Phase 2.

JUST AS A REMINDER...

Phase 1 of the study allowed us to provide important information on health and health service use in Southwark and Lambeth. A full report of these findings can be found on the SELCoH website, www.kcl.ac.uk/innovation/groups/selcoh, along with all the publications that are currently available. We are still in the process of analysing much of the data that we collected and updates on research and new publications will continue to be added to the website.

Why did we interview you again?

The primary aim of Phase 2 was to see if there had been any changes in your health and health service use since we last spoke to you. Looking at health changes over time enables us to suggest more effective services. We also wanted to document a wide range of potentially stressful experiences, including unfair treatment, as well as social and health behaviours. This information will help us better understand peoples’ health and well-being. In addition, we want to look at how similar or different peoples’ health is in the UK compared to other countries.

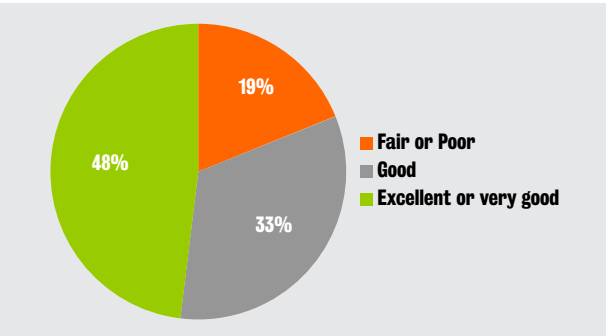
How did we do the research?

We interviewed 1698 people in Phase 1 of the study (2008-2010) and 1589 (94%) people agreed to be re-contacted to take part in further research. We attempted to re-contact everyone to take part in Phase 2 of the study. Many people who took part in Phase 1 of the study moved out of London, or even outside the UK, since we last talked to them. However, we still managed to interview 1053 of you for Phase 2.

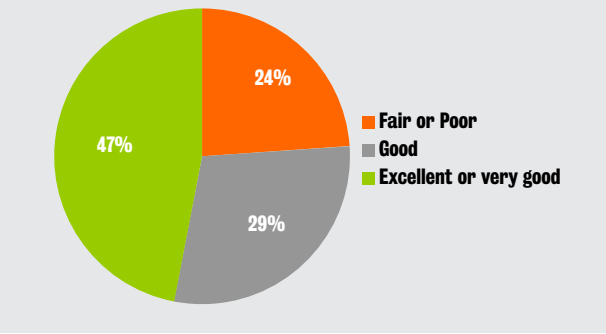
How you rate your own health

We, again, asked you to rate your own health on a scale from ‘excellent’ to ‘poor’. In Phase 2, 47% of you said your health was excellent or very good and 24% of you said that your health was fair or poor compared to 48% and 19% respectively in Phase 1.

Phase 1

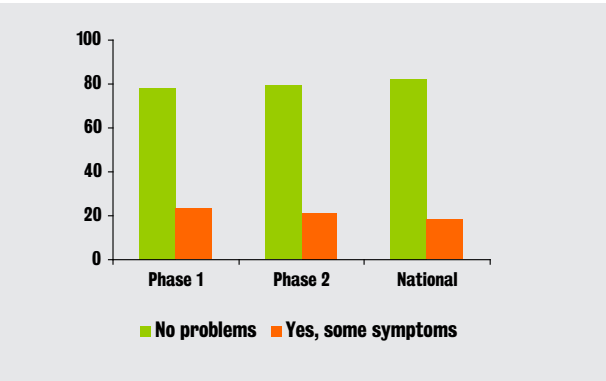


Phase 2



Common health concerns

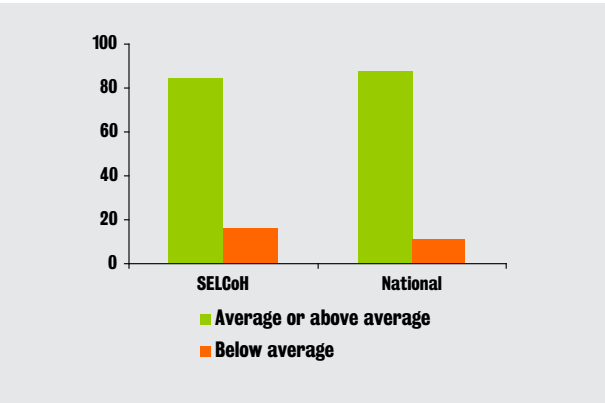
In Phase 1 of the study 24% of participants interviewed reported symptoms of common mental disorder. This time, a slightly smaller proportion of you reported these symptoms (22%) although this is slightly higher than a comparable national sample (15%)*.



**National figures taken from the Adult Psychiatric Morbidity Survey (APMS) 2007 for England. This figure does not show diagnosis. Instead they may indicate common problems such as stress, poor sleep or feeling low. It is likely that only a minority of people reporting these symptoms may need medical attention. However, if you do have concerns or current difficulties we would urge you to seek advice from your GP.*

Positive mental health and well-being

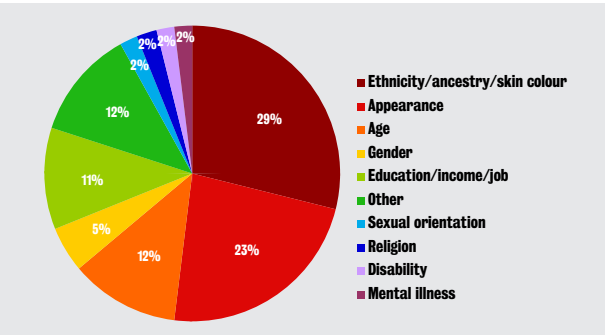
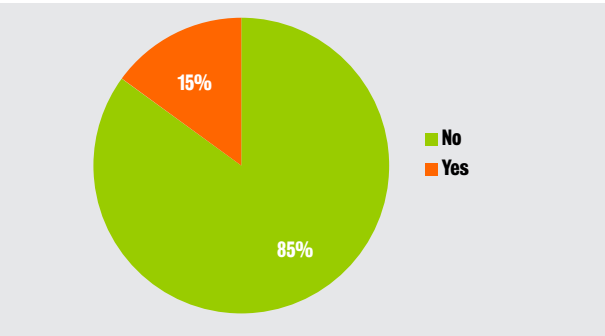
This time we also wanted to obtain some information on positive mental health and well-being. 86% of you reported having average or better than average well-being. This is slightly lower than a comparable national sample (89%)*.



**National figures taken from the Household Survey for England (HSE) 2010*

Unfair treatment in your daily life

Being treated unfairly can be very stressful and have negative effects on health. 15% of you reported experiencing some form of unfair treatment in your daily lives fairly often, such as being treated with less respect than other people or being insulted. 29% of participants felt that the main reason for these experiences was their ethnicity, skin colour or ancestry, 23% felt it was because of their appearance and 12% felt it was because of their age.

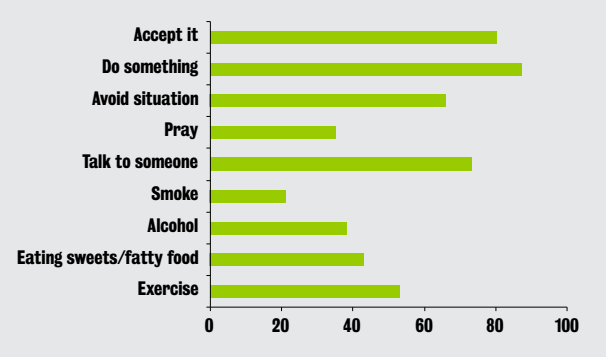


**Other reasons for unfair treatment included personality differences and other peoples’ behaviour.*

Coping with stress

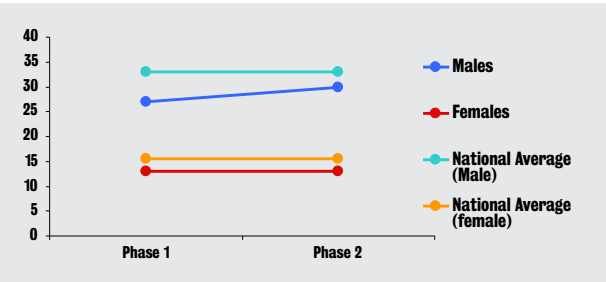
Stress can have a negative effect on health and we wanted to find out how people coped with stress in their daily lives. Among the different ways in which people cope with stress: 87% said that they would do something about the stressful situation, 73% said that they would talk to someone about it while 66% said that they would avoid the situation in the future.

Coping with stress by...



Alcohol consumption

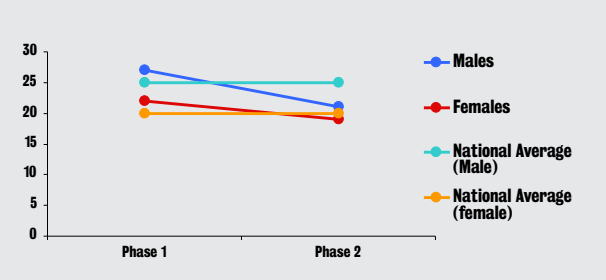
In phase 1 we found that levels of hazardous drinking for both males (27%) and females (13%) were below the national average at 33% and 16% respectively. However, in phase 2, levels of hazardous drinking in males increased to 30%, which is still below the national average.*



**National figures taken from APMS 2007 for England*

Smoking habits

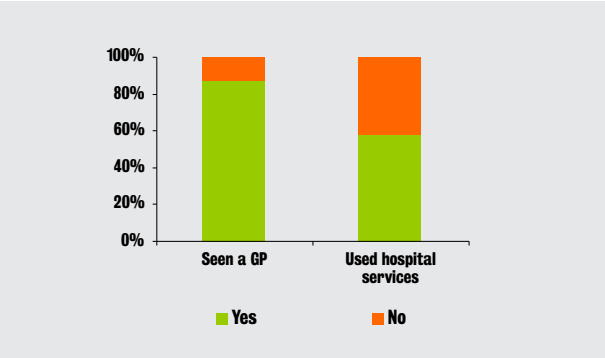
In this phase we found that 21% of males and 19% of females were current smokers. This represents a decrease from 27% and 22%, respectively, in Phase 1. This means that levels are now lower than the national average (25% for males and 20% for females).*



**National figures taken from APMS 2007 for England*

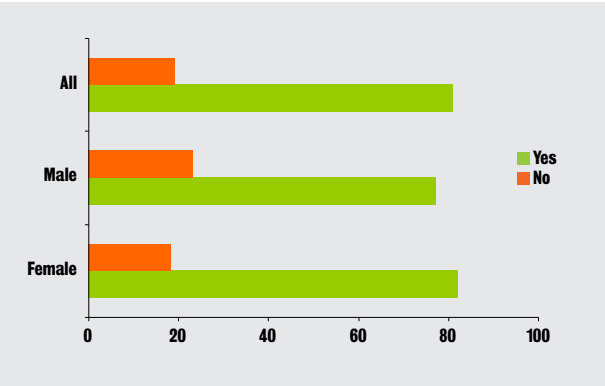
Health service use

We asked each of you about the health services you used in the last 12 months. 87% of you had been to your GP and 58% of you had used hospital services.



Help seeking for emotional problems

Most of you (81%) stated that you would seek professional help if you had a serious emotional problem but there were still 19% of you who said that they would definitely or probably not seek help. Males (23%) were more likely to say that they would not seek help if they had an emotional problem than females (18%).



**Percentages for Phase 1 have been updated since the last SELCoH newsletter*