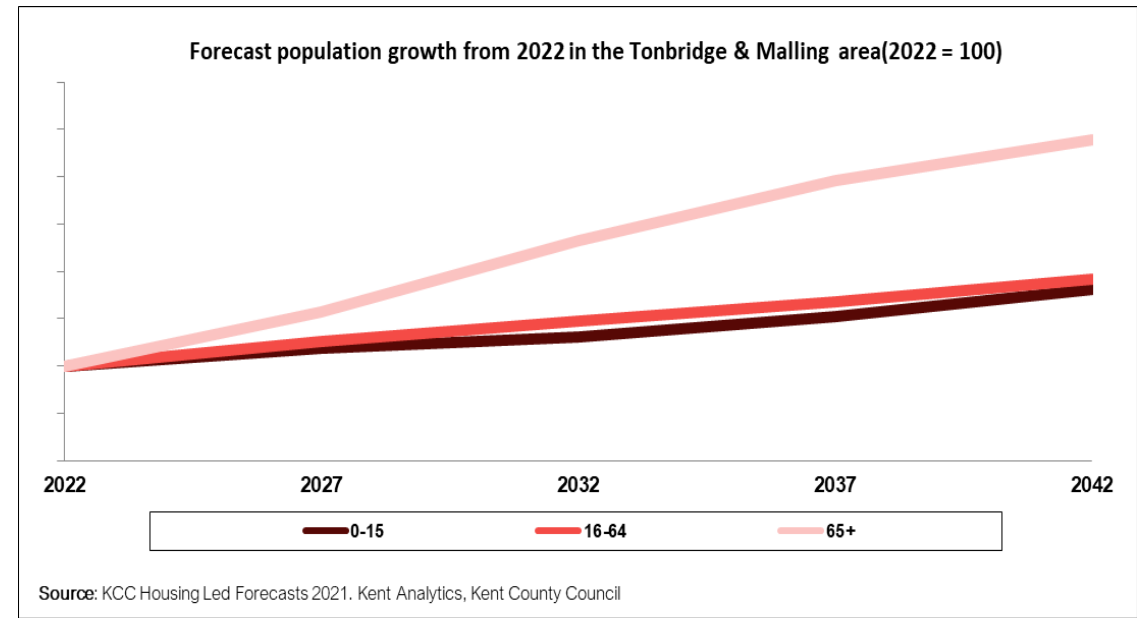
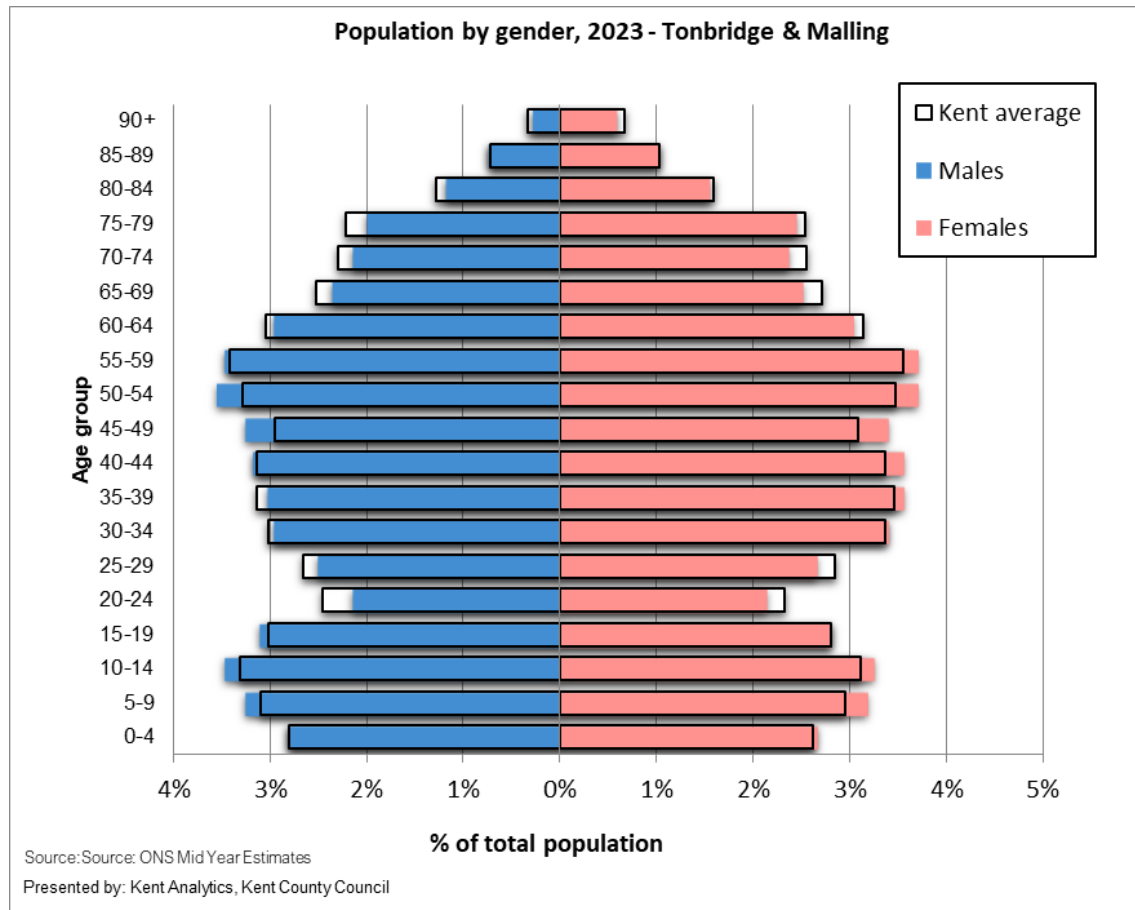


Tonbridge and Malling Health Report

May 2025

Population

Population



- There are 135,200 people in Tonbridge and Malling, 65,600 males and 69,600 females.
- The population is expected to increase by 23.5% by 2042.
- The number of elderly people expected to rise by 47.9%.

Ethnicity



Ethnic Group	Number	Proportion
White British	116,787	88.3%
Asian	3,871	2.9%
Mixed	2,942	2.2%
Black Caribbean or African	1,313	1.0%
Gypsy/Irish Traveller or Roma	535	0.4%

Wider determinants of health

Wider determinants of health



SOURCE: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute in US to rank countries by health status

What are health inequalities?

- Health inequalities are avoidable, unfair, and systematic differences in health between different groups of people. Health inequalities, encompass variations in health status, life expectancy, and the prevalence of diseases among different socioeconomic groups, gender, age, ethnicity, disability, and geographic locations.
- Disparities are often rooted in wider determinants such as education, employment, income, and housing as well as factors like emotional wellbeing and social connectedness or isolation.

Housing

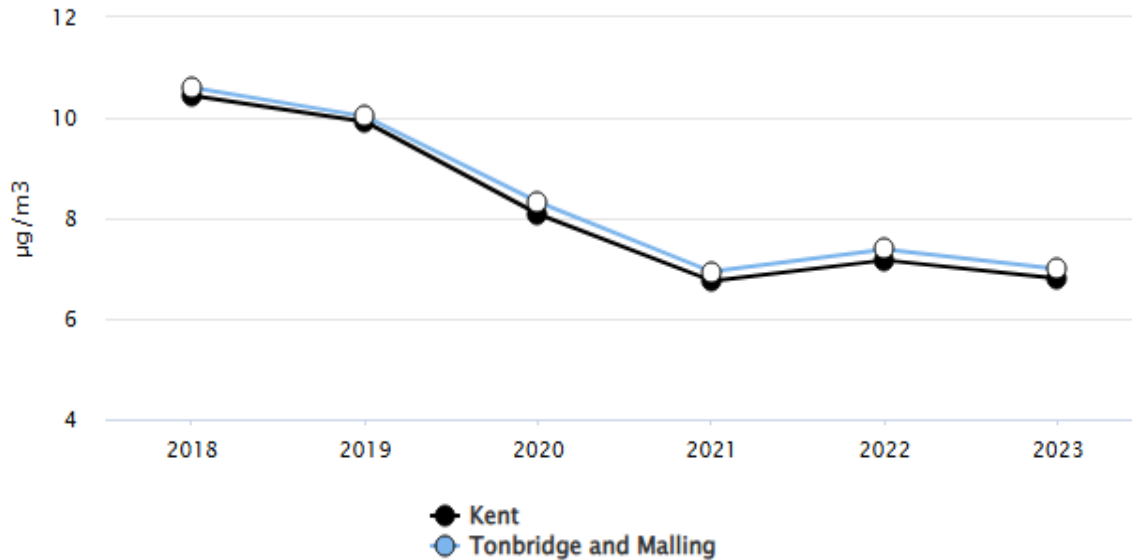
Housing Tenure of Tonbridge and Malling residents

2021	Tonbridge & Malling	Kent	England
All Households	53,571	648,393	23,436,085
Owned: Owned outright	18,379 (34.3%)	227,729 (35.1%)	7,624,693 (32.5%)
Owned: Owned with a mortgage or loan	19,126 (35.7%)	201,054 (31.0%)	6,744,372 (28.8%)
Shared ownership (part owned and part rented)	1,108 (2.1%)	8,734 (1.3%)	235,951 (1.0%)
Social rented: Rented from council (Local Authority)	1,001 (1.9%)	35,782 (5.5%)	1,945,152 (8.3%)
Social rented: Other	7,254 (13.5%)	52,087 (8.0%)	2,060,511 (8.8%)
Private rented: Private landlord or letting agency	5,757 (10.7%)	108,543 (16.7%)	4,273,689 (18.2%)
Private rented: Other	937 (1.7%)	13,954 (2.2%)	521,200 (2.2%)
Living rent free	9 (0.02%)	510 (0.1%)	30,517 (0.1%)

- The Decent Homes Standard assessment revealed that the private rented sector had the highest proportion of non-decent homes (27%), compared to owner-occupied homes (20%) and social rented homes (13%).
- Data from the 2021 census shows that there are 53,571 households in Tonbridge and Malling.
- 10.7% of households are privately rented, either through a landlord or letting agency and 1.9% are social rented from the council.
- 77.2% of the population in Tonbridge and Malling are living comfortably and 12.2% of elderly people enjoying a comfortable retirement.
- 7.7% of families have limited resources and must budget to make ends meet (Kent ~ 7.1%).
- 5.4% of elderly people are reliant on support to meet financial or practical needs (Kent ~ 6.4%).

Air Quality

Annual concentration of fine particulate matter (2018-2023)

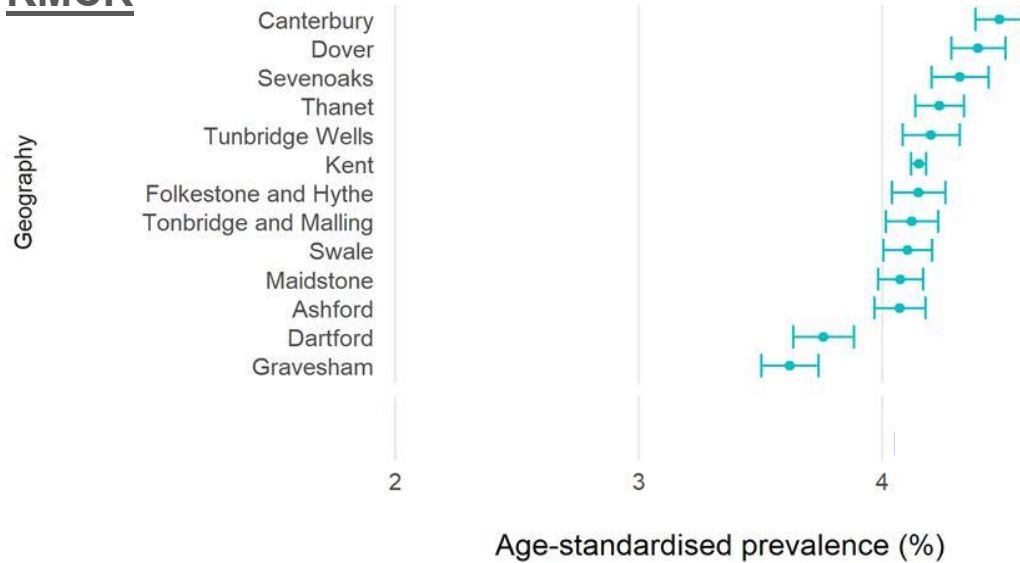


- Certain air pollutants are known to have adverse effects on health, such as fine particulate matter.
- Those living exposed to higher levels of air pollution are more likely to suffer the harmful effects of poor air quality.
- The concentration of fine particulate matter is higher in Tonbridge and Malling than Kent.

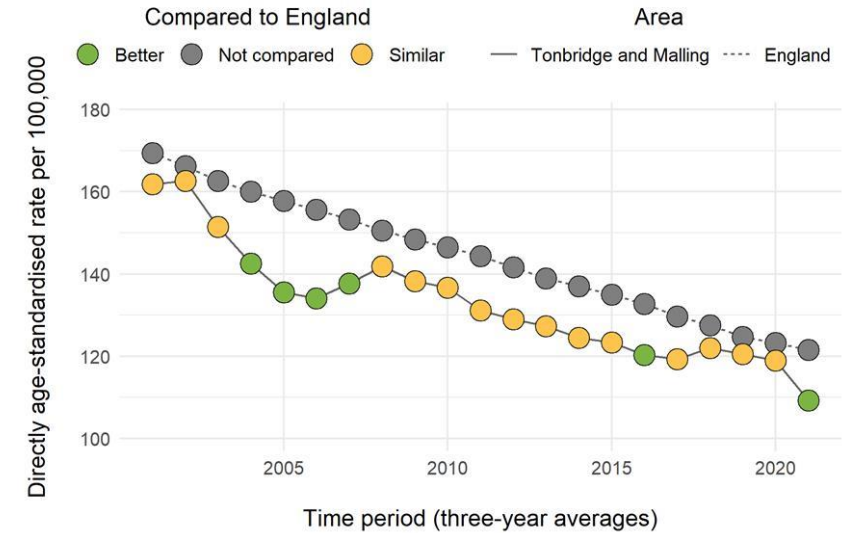
Long-term conditions (LTC)

Cancer

Age-standardised prevalence of Cancer by geography, KMCR



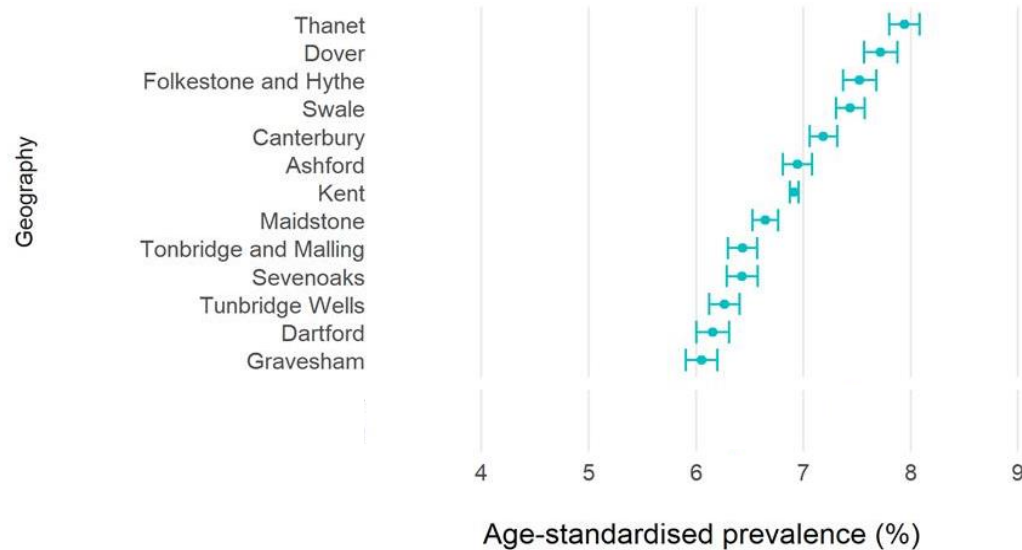
Under 75 mortality rate from cancer, OHID



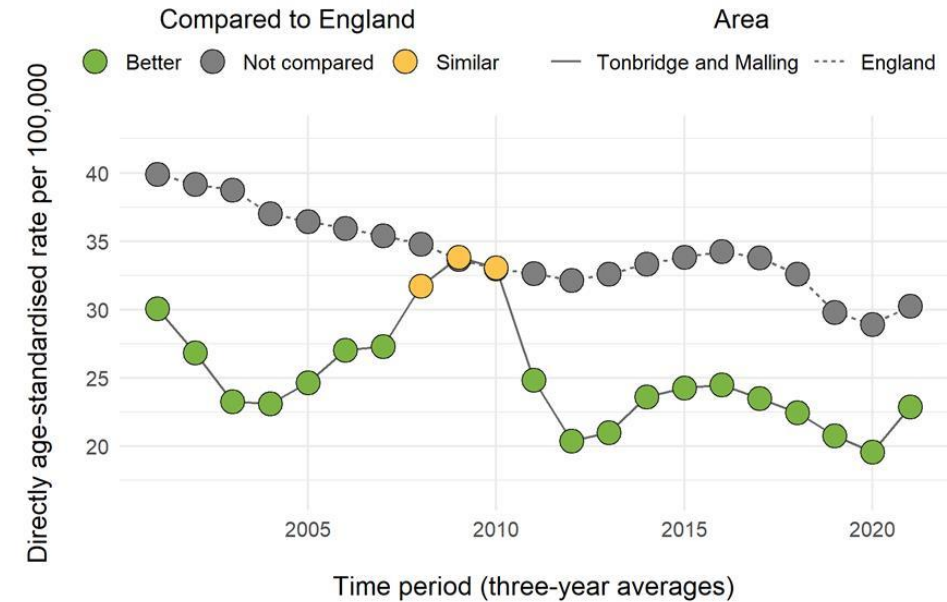
- According to the KMCR, there are an estimated 6,100 people living in Tonbridge and Malling with Cancer.
- The age-standardised prevalence is 4.12%.
- The prevalence of cancer in Tonbridge and Malling is higher compared to Swale, Maidstone, Ashford, Dartford and Gravesham.
- The rate for under 75 mortality from cancer is lower in Tonbridge and Malling compared to England.

Respiratory disease (COPD & asthma)

Age-standardised prevalence of Asthma or COPD, KMCR



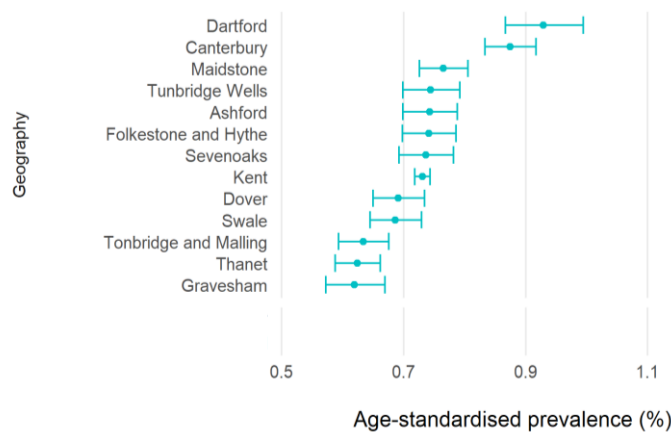
Under 75 mortality rate from respiratory disease, OHID



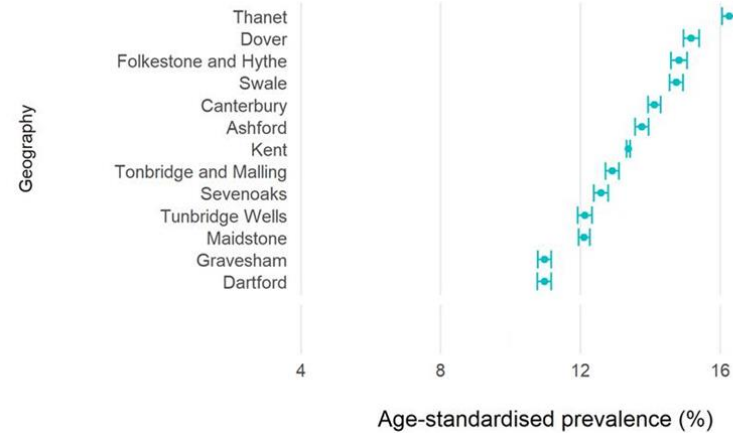
- According to the KMCR, there are an estimated 9,400 people living in Tonbridge and Malling with respiratory disease.
- The age-standardised prevalence is 6.4%. The age-standardised prevalence of respiratory disease in Tonbridge and Malling is lower than the Kent average, but higher than four other districts.
- The age-standardised under 75 mortality rate from respiratory disease is lower in Tonbridge and Malling compared to England. However, the rate began to increase again in 2020.

Dementia and Mental Health

Dementia

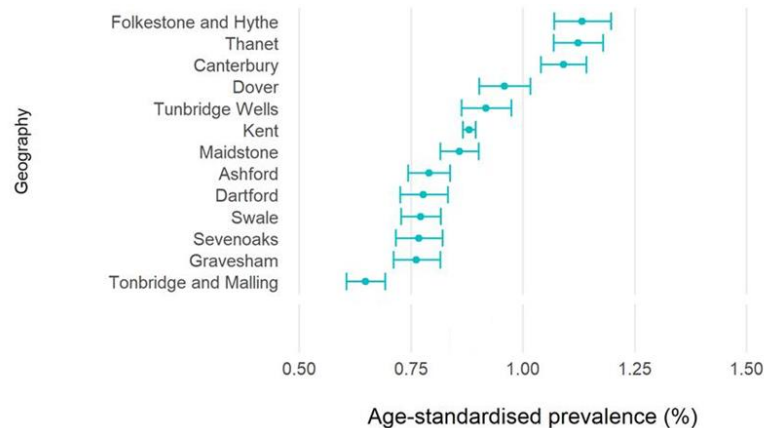


Depression



- The age-standardised prevalence of dementia is 0.6%, lower compared to the Kent average, but higher than Gravesham and Thanet.
- 18,000 people are living in Tonbridge and Malling with Depression. The age-standardised prevalence of depression (12.9%) is slightly lower than the Kent average, but it is higher than the prevalence in Sevenoaks, Tunbridge Wells, Maidstone, Gravesham and Dartford.

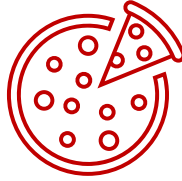
Severe Mental Illness



- There are an estimated 900 people living in Tonbridge and Malling with severe mental illness, a crude rate of 0.63 per cent of the total population. The prevalence of severe mental illness in Tonbridge and Malling is significantly lower compared to Kent overall.

Health Behaviours

Obesity



- Between 2021/22 to 2023/24, Tonbridge and Malling had a lower prevalence of overweight (20.5%) and obese (8.1%) children in reception compared to county and national figures.
- However, within the district the prevalence varies.
- Aylesford South, Larkfield North, Snodland East and Ham Hill and West Malling and Leybourne have a higher prevalence of children that are overweight and obese.

Smoking



- The smoking prevalence in adults over the age of 18 is 3.9% and has been steadily decreasing over time.
- The smoking prevalence of adults with a long-term mental health condition is 31%, this is higher than the prevalence in Kent (25.5%).
- Smoking at the time of delivery (9.1%) has been higher than the national level (7.4%).

Alcohol and substance misuse



- The alcohol-related mortality rate is lower in Tonbridge and Malling compared to Kent, the South East and England.
- Since 2018 (23.4 per 100,000) the rate has increased compared to 2023 (32.4 per 100,000).
- The rate of death from substance misuse is low.

Sexual health



- Diagnostic rates for STIs are relatively low in Tonbridge and Malling however testing is also low. There is no sexual health clinic in Tonbridge and Malling.
- The chlamydia detection rate amongst women between the ages of 15 to 24 was 1,367 in Tonbridge and Malling in 2023. This is lower than the target of 3,250.
- There has been an increase in the rate of long-acting reversible contraception (LARC) since 2020.
- In 2023 the rate of total prescribed LARC excluding injections was 55.9 per 1,000 of the population, compared to 44.8 in 2020

Conclusion

Positives

The health profile of Tonbridge and Malling shows encouraging trends that reflect positively on the district's public health landscape.

- T&M has lower rates of violent crime, general smoking prevalence among adults, and under-75 mortality from cardiovascular and respiratory diseases and diabetes.
- T&M demonstrates good economic activity with a relatively low unemployment rate.
- The prevalence of severe mental illness is significantly lower than the Kent average.
- Low alcohol mortality rate.
- Deaths from substance misuse is low.

Areas for improvement

There are areas which could benefit from focused attention.

- The ageing population is projected to grow significantly, necessitating proactive planning for elderly care and support services.
- Mental health remains a concern, with a high prevalence of depression and elevated smoking rates among individuals with long-term mental health conditions.
- While overall alcohol-related mortality is lower than the national average, the rate has increased considerably since 2018.
- Sexual health services could also be strengthened, as STI testing rates remain low and the chlamydia detection rate falls short of national targets and there is no sexual health clinic in the area.