



## Aim

### **The aims of the mental health needs assessment are:**

- To gather information to plan, negotiate and change services for the better and to improve health in other ways.
- To build a picture of current services, i.e. a baseline.
- To encourage discussion on why might services need changing for the better?

# Objectives

**The objectives of the mental health needs assessment are:**

**Planning:**

The main objective of mental health needs assessment is to help decide what services are required i.e. for how many people, the effectiveness of these services, the benefits that will be expected, and at what cost.

**Intelligence:**

Provide a baseline of current picture of mental health in Norfolk and Waveney which can then be used to measure the impact of interventions or service development.

**Equity:**

Reduce health inequalities through early identification and improving the spatial allocation of resources between and within different groups.

**Efficiency:**

Having assessed needs, measuring whether or not resources have been appropriately directed i.e. Do those who need a service get it? Do those who get a service need it? This is related to audit.

**Involvement of stakeholders:**

Conducting out the mental health needs assessment can stimulate the involvement and ownership of the various stakeholders in the process.

## Chapter 1: GP QOF Mental Health Prevalence, and Incapacity Benefit

- GP Practice QOF registers
  - Serious mental illness
  - Dementia
  - Depression (18+ Years)
- Incapacity Benefit

## Chapter 1: GP QOF Mental Health Prevalence

- Prevalence (%) of serious mental illness (all ages) according to the GP's QOF registers by CCG, for 2007/08 – 2010/11 (unadjusted for age or gender)

The rate of diagnosed severe mental illness on GP QOF registers for North CCG is eight per thousand (0.8% of all ages), equivalent to NHS Norfolk average rate and England.

CCG	2007/8	2008/9	2009/10	2010/11
GY&W	0.7	0.8	0.8	0.8
<b>North</b>	0.7	0.8	0.8	0.8
Norwich	1	1	1.1	1.1
South	0.5	0.6	0.6	0.6
West	0.6	0.6	0.6	0.6
NHS Norfolk & Waveney	0.7	0.8	0.8	0.8
East of England	0.7	0.7	0.7	0.7
England	0.7	0.7	0.8	0.8

- Prevalence (%) of dementia (all ages) according to the GP's QOF registers by CCG, for 2007/08 – 2010/11 (unadjusted for age or gender)

The proportion of the local practice populations diagnosed with dementia is slightly higher for North CCG at seven per thousand, than seen either nationally or at regional level.

CCG	2007/8	2008/9	2009/10	2010/11
GY&W	0.6	0.6	0.7	0.7
<b>North</b>	0.6	0.6	0.6	0.7
Norwich	0.4	0.5	0.5	0.5
South	0.5	0.5	0.6	0.6
West	0.5	0.5	0.5	0.5
NHS Norfolk & Waveney	0.5	0.5	0.6	0.6
East of England	0.4	0.4	0.5	0.5
England	0.4	0.4	0.5	0.5

## Chapter 1: Prevalence of depression (18+ years of age)

- **Prevalence (%) of depression (18+ years of age) according to the GP's QOF registers by CCG, for 2009/10 – 2010/11 (unadjusted for age or gender)**

The proportion of the local practice populations diagnosed with depression for North CCG is 12.4 per hundred, the third highest in the county but greater than either nationally or at regional level.

CCG	2009/10	2010/11
GY&W	14.5	14.8
<b>North Norfolk</b>	11.8	12.4
Norwich	9.6	9.7
South Norfolk	11.6	11.7
West Norfolk	12.4	12.5
NHS Norfolk and Waveney	12.1	12.3
East of England	10.4	10.9
England	10.9	11.2

## Chapter 1: North Norfolk QOF (summary)

- **Serious mental illness prevalence**
  - Over four years the rate is Static (0.7% in 2007/08 to 0.8% in 2010/11)
  - 0.3 (1 practices) to 1.28 (1 practice)
  - 16 out of 20 (80%) practices 0.5%-.9%
- **Dementia (18+)**
  - Over four years the rate is Static (0.7% in 2007/08 to 0.8% in 2010/11)
  - The rate varies between 0.1-1.2%
  - 9 out of 20 practices registered > 0.7% (45%) practices.
- **Depression**
  - Over two years the rate is increased from 11.8% in 2009/10 to 12.4% in 2010/11)
  - The rate varies between 2.4-26.9%
  - 5 (25%) practices had registered depression <10, while 15 (75%) practices registered depression > 10 (**10 practices 50% registered depression more the CCG average rate 12.4%**).

## Chapter 1: Incapacity Benefit (IB)

- **Number (and rate per 100 working-age population) of claimants of Incapacity Benefit and Severe Disablement Allowance by local authority, February 2012**

In February 2012, there were **1,040** people claiming incapacity benefit across North Norfolk due to mental illness, **43%** of all claimants and a rate of **2%** of working age adults (Aged 16-64 years for men and 16-59 years for women estimated from ONS mid 2011 estimate file).

LA	IMD 2010		Number		Mental Health claimants	
	Score	Rank	Mental Health claimants	All claimants	% of all claimants	Rate per 100 working-age population
Breckland	15.91	187	1,095	2,625	41.7	1.5
Broadland	10.41	279	975	2,230	43.7	1.4
Great Yarmouth	27.66	54	1,345	3,240	41.5	2.4
King's Lynn and Waveney	21.05	123	1,530	3,720	41.1	1.8
<b>North Norfolk</b>	19.28	146	<b>1,040</b>	<b>2,420</b>	43.0	<b>2.0</b>
Norwich	25.65	70	2,505	4,360	57.5	2.8
South Norfolk	11.31	259	930	2,075	44.8	1.3
Waveney	22.08	115	1,175	3,015	39.0	1.8
Norfolk			9,420	20,670	45.6	1.9
Norfolk and Waveney			10,595	23,685	44.7	1.9



## Chapter 1: Incapacity Benefit (IB)

- Third highest in the county, slightly higher level than Norfolk average rate.
- Need to assess their mental health conditions, to ensure access to mental health services (data is available at individual level)

## Chapter 2: Estimated mental ill health within NHS Norfolk and Waveney

- Adult
- Children
- Eating Disorders

## Chapter 2: Adults (Estimated numbers adults aged 16-74 years with mental illness by applying survey data)

- Estimated number of people with mental health disorders for those aged 16-74 years of age by gender and CCG (based on rates calculated from McManus et al survey, 2009), 2011/12

	GY&W	North Norfolk	Norwich	South Norfolk	West Norfolk	NHS Norfolk and Waveney
Total (males and females)						
Common mental disorder (past week)	26,787	<b>19,430</b>	24,480	25,473	18,742	114,911
Current post traumatic stress disorder	4,914	<b>3,556</b>	4,489	4,662	3,428	21,048
Suicidal thoughts (past year)	7,156	<b>5,189</b>	6,539	6,802	5,004	30,689
Suicide attempts (past year)	1,164	<b>845</b>	1,064	1,108	815	4,997
Psychotic disorder (past year)	666	<b>483</b>	608	633	466	2,855
Borderline personality disorder (past year)	748	<b>543</b>	684	713	524	3,213
Antisocial personality disorder (past year)	589	<b>418</b>	536	548	402	2,491
Two or more psychiatric disorders	12,002	<b>8,671</b>	10,961	11,369	8,357	51,358

## Chapter 2: Adults (aged 16-74) Depressive episode and neurotic disorder

- Estimated number of adults aged 16-74 years with neurotic disorders following clinical interview, using national prevalence applied to local NHS Norfolk and Waveney Clinical Commissioning Group (CCG) population figures:
- **10,700** Mixed anxiety/depression disorder
- **5,400** Generalised anxiety disorder
- **3,100** Depressive episode
- **2,100** All phobias
- **1,300** Obsessive compulsive disorder
- **800** panic disorder
- **19,900** Any neurotic disorder

	Rates per 1,000 in past week by age (people may have more than one disorder)					
	GY&W	North	Norwich	South	West	Norfolk & Waveney
Persons						
Mixed anxiety/depression disorder	14,800	<b>10,700</b>	13,600	13,900	10,300	63,100
Generalised anxiety disorder	7,500	<b>5,400</b>	6,800	7,100	5,200	31,900
Depressive episode	4,300	<b>3,100</b>	4,000	4,000	3,000	18,300
All phobias	2,900	<b>2,100</b>	2,700	2,800	2,000	12,500
Obsessive compulsive disorder	1,900	<b>1,300</b>	1,700	1,700	1,300	7,900
panic disorder	1,200	<b>800</b>	1,000	1,100	800	5,000
Any neurotic disorder	27,600	<b>19,900</b>	25,400	26,000	19,100	118,100

## Chapter 2: Expected number of adults aged 16-74 years with personality disorder(s)

- Expected number of adults aged 16-74 years with personality disorder(s) if the national rates are applied to CCG populations

It is estimated 5,300 aged 16-74 years with personality disorder(s) of which 1,000 among (16-34) age group, 1,800 among (35-54) age group, 2,900 among (55-74) age group.

	Personality disorder, rates per 1,000 by age (years)			
	16-34	35-54	55-74	16-74
<b>Males</b>	52	58	53	54
<b>Females</b>	17	29	63	34

	16-34	35-54	55-74	16-74
<b>Total (males and females)</b>				
<b>GY&amp;W</b>	1,700	2,700	3,400	7,400
<b>North Norfolk</b>	<b>1,000</b>	<b>1,800</b>	<b>2,900</b>	<b>5,300</b>
<b>Norwich</b>	2,100	2,300	2,200	6,800
<b>South Norfolk</b>	1,500	2,600	3,100	6,900
<b>West Norfolk</b>	1,100	1,800	2,500	5,100
<b>NHS Norfolk &amp; Waveney</b>	<b>7,400</b>	<b>11,400</b>	<b>14,100</b>	<b>31,500</b>

## Chapter 2: Adult (aged 16-74 years) Attention-Deficit Hyperactivity Disorder (ADHD)

- Estimated number of adults aged 16-74 years with ADHD (national prevalence applied to local Clinical Commissioning Group CCG population figures)

For adults with ADHD disorder, we have used national survey figures and applied it locally ; assuming **3%-4%** adults aged 16 - 74 were affected, there were around **3,611-4,814** cases in 2011.

	3%			4%		
	Males	Females	Persons	Males	Females	Persons
GY&W	2,528	2,475	5,003	3,370	3,301	6,671
<b>North Norfolk</b>	1,784	1,827	<b>3,611</b>	2,378	2,436	<b>4,814</b>
Norwich	2,299	2,269	4,568	3,066	3,025	6,091
South Norfolk	2,341	2,394	4,735	3,121	3,192	6,313
West Norfolk	1,713	1,767	3,480	2,283	2,356	4,639
NHS Norfolk and Waveney	10,664	10,733	21,397	14,219	14,310	28,529

## Chapter 2: Adult (aged 18-64 years) Autism Spectrum Conditions

- Expected number of people aged 18-64 with Autism Spectrum Conditions by CCG and age band, 2011
- For adults with autistic spectrum disorder, we have used data from our previous work in 2012 ; assuming 1% adults aged 16 - 64 were affected, there were just over 932 cases in 2011, about four fifths being male.

	18-24	25-34	35-44	45-54	55-64	18-64
<b>Males</b>						
GY&W	175	232	266	285	280	1238
<b>North Norfolk</b>	104	128	174	207	225	837
Norwich	212	299	276	240	196	1223
South Norfolk	151	203	259	285	259	1157
West Norfolk	111	150	181	203	198	843
Norfolk & Waveney	753	1012	1156	1220	1158	5298
<b>Females</b>						
GY&W	18	24	29	31	32	134
<b>North Norfolk</b>	10	14	20	24	27	95
Norwich	27	33	27	25	22	134
South Norfolk	16	24	30	31	30	132
West Norfolk	12	17	21	23	24	96
Norfolk & Waveney	83	112	127	134	135	591
<b>Persons</b>						
GY&W	193	256	295	316	312	1372
<b>North Norfolk</b>	114	142	193	231	251	<b>932</b>
Norwich	239	332	303	265	218	1357
South Norfolk	167	227	289	316	289	1290
West Norfolk	124	167	201	226	221	939
Norfolk & Waveney	837	1124	1281	1354	1291	5890

## Chapter 2: Mental and Behavioural disorder among Children

- **Numbers of children that would have had mental disorders in North Norfolk CCG in 2011/12, based on National survey data from 2004 (Green et al 2005)**

The most recent population prevalence estimates of mental disorders in children aged 5 - 16 years were calculated from a national survey conducted in 2004. Applied to the population of North Norfolk in 2010/11, about **1,938** children in North Norfolk CCG would have been affected with conditions ranging from anxiety and depression, conduct disorders and hyperkinetic disorder, to the less common ones including autistic spectrum disorder, tic disorders, eating disorders and mutism.

Type of mental disorder (ICD 10)	Aged 5-10 years		Aged 11-16 years	
	Boys	Girls	Boys	Girls
<b>Emotional disorders</b>	106	112	217	315
<b>- Anxiety disorders</b>	101	108	196	269
<b>- Depression</b>	10	13	54	98
<b>Conduct disorders</b>	332	126	440	341
<b>Hyperkinetic disorder</b>	130	18	130	21
<b>Less common disorders*</b>	106	18	87	57
<b>Any disorder</b>	491	229	685	533



## Chapter 2: Attention-Deficit Hyperactivity Disorder (ADHD) among children aged 0-16

- **Estimated numbers of Attention-Deficit Hyperactivity Disorder (ADHD) aged 0-16 within North Norfolk CCG, 2011/12**

For Attention-Deficit Hyperactivity Disorder (ADHD), prevalence in school children is 3 - 5%: **814 – 1,356** children in North Norfolk CCG.

ADHD 0-16	ADHD 0-16	
	LL	UL
GY&W	1,253	2,089
<b>North Norfolk</b>	<b>814</b>	<b>1,356</b>
Norwich	1,080	1,800
South Norfolk	1,224	2,040
West Norfolk	839	1,398
NHS Norfolk and Waveney	5,209	8,682

## Chapter 2: Autism and Autistic Spectrum Disorders among children aged 0-19

- **Estimated numbers of Autism and Autistic Spectrum Disorders aged 0-19 within North Norfolk CCG, 2011/12**

For Autistic Spectrum disorder, there may be **195** children to age 19, exceeding the estimates for 'classic' autism alone, which would that between **11** and **23** children would be affected in North Norfolk CCG.

Autism and Autistic Spectrum Disorders 0-19	Autism estimates		Autistic spectrum disorder estimates
	Powel estimates	Fombonne estimates	NEPHO estimates
GY&W	18	36	301
<b>North Norfolk</b>	<b>11</b>	<b>23</b>	<b>195</b>
Norwich	15	31	261
South Norfolk	17	35	291
West Norfolk	12	24	200
NHS Norfolk and Waveney	73	150	1248

## Chapter 2: Eating Disorders

- Estimated numbers of people in 2011/12 with eating disorder in Norfolk and Waveney by CCG, (Data is displayed using different national surveys)

CCG	Estimated numbers of people in 2012 with eating disorder based on different national surveys						
	Royal College of Psychiatrists (1/1000 estimate)	National Institute of Health and Clinical Excellence (30/1000 estimate among all people)			Adult Psychiatric Morbidity Survey, 2007 (64/1000 of adults, 18+ years)		
	All people	All people	Males (11% of total)	Females (89% of total)	Adults (18+)	Males (25% of adults 18+)	Females (75% of adults 18+)
GY&W	231	6,924	762	6,163	11,920	2,980	8,940
<b>North</b>	<b>167</b>	<b>5,009</b>	<b>551</b>	<b>4,458</b>	<b>8,834</b>	<b>2,208</b>	<b>6,625</b>
Norwich	205	6,156	677	5,479	10,671	2,668	8,003
South	217	6,511	716	5,794	11,113	2,778	8,335
West	161	4,823	531	4,292	8,385	2,096	6,289
<b>NHSN&amp;W</b>	<b>981</b>	<b>29,423</b>	<b>3,237</b>	<b>26,186</b>	<b>50,922</b>	<b>12,731</b>	<b>38,192</b>

## Chapter 2: Anorexia Nervosa

- **Estimated numbers of Anorexia Nervosa aged 15-30 and all ages within Norfolk and Waveney by CCG, 2011/12**

**MIND** – a charity for better mental health, states that **1 in 100 women aged between 15 and 30**, suffers from anorexia

**Beat** – Beating eating disorders suggests that Approximately **11 people in 100,000** develop anorexia nervosa each year.

For anorexia nervosa, among young women aged 15 - 30, we estimated **112** sufferers, and across all sexes and ages, **18** new cases per year for North Norfolk CCG.

CCG	Estimated number of girls ages 15-30 with anorexia nervosa	Estimated number of people develop anorexia nervosa each year – all ages
GY&W	192	25
<b>North Norfolk</b>	<b>112</b>	<b>18</b>
Norwich	255	23
South Norfolk	174	24
West Norfolk	126	18
NHS Norfolk and Waveney	860	108

For anorexia nervosa, among young women aged 15 - 30, we estimated **112** sufferers, and across all sexes and ages, **18** new cases per year.

## Chapter 2: Bulimia Nervosa

- **Estimated new cases in Norfolk and Waveney 2011/12 with bulimia nervosa within Norfolk and Waveney by CCG, 2011/12**

Published data from **Beat** (Beating Eating Disorders), report that there are up to **18 new cases of bulimia nervosa per 100,000** residents per year

For bulimia, we estimated **30** new cases per year for North Norfolk CCG.

CCG	Estimated new cases in Norfolk and Waveney 2011/12 with bulimia nervosa
GY&W	42
<b>North Norfolk</b>	30
Norwich	37
South Norfolk	39
West Norfolk	29
NHS Norfolk and Waveney	177

## Chapter 2: Eating Disorder Not Otherwise Specified (EDNOS)

- **Estimated numbers of residents with EDNOS in Norfolk and Waveney 2011/12 at risk of EDNOS at some point in their life by CCG**

The National Eating Disorders Association of the US states that **4-6% of the general population** develops an EDNOS at some point in their life, and 50% of individuals who present for treatment of an eating disorder receive the diagnosis of EDNOS.

For an eating disorder 'not otherwise specified', a much higher proportion of people are affected, accounting for 50% of people who present for treatment, we estimated **6,678-10,018** people in North Norfolk CCG population have EDNOS.

CCG	Estimated numbers of residents with EDNOS in Norfolk and Waveney 2011/12 at risk of EDNOS at some point in their life	
	4%	6%
GY&W	9,233	13,849
<b>North Norfolk</b>	<b>6,678</b>	<b>10,018</b>
Norwich	8,208	12,312
South Norfolk	8,681	13,021
West Norfolk	6,431	9,646
NHS Norfolk and Waveney	39,231	58,846

## Chapter 3: Projecting Adult Needs and Service Information System (PANSI)

- Common mental health, personality, and psychotic disorders prevalence, 2012-2030
- All ages, estimated mental illness - conditions for NHS Norfolk and Waveney by gender, 2012-2030

## Chapter 3: Common mental health, personality, and psychotic disorders prevalence, 2012-2030

	Persons					Estimated increase mental health conditions from 2012-2030		
	2012	2015	2020	2025	2030	Males	Females	Persons
Dementia	3231	3534	4234	4944	5860	1118	1511	<b>2629</b>
Autistic Spectrum	1688	1730	1810	1895	1975	150	137	<b>287</b>
Depression	4314	4419	4621	4837	5043	345	384	<b>729</b>
Neurotic Disorder	27875	28549	29845	31239	32559	2026	2658	<b>4684</b>
Personality Disorder	7395	7580	7936	8314	8672	811	466	<b>1277</b>
Psychotic Disorder	927	949	994	1041	1085	90	68	<b>158</b>
Alcohol Dependence	5379	5552	5855	6135	6441	813	249	<b>1062</b>
Illicit Drug Dependence	5052	5214	5498	5759	6046	732	262	<b>994</b>

The estimated increase mental illness – conditions in North Norfolk CCG from 2012 to 2030 is:

- Dementia **2629** (males 1118, females 1511)

- Autistic Spectrum **287** (males 150, females 137)

- Depression **729** (males 345, females 384)

- Neurotic Disorder **4684** (males 2026, females 2658)

- Personality Disorder **1277** (males 811, females 466)

- Psychotic Disorder **158** (males 90, females 68)

- Alcohol Dependence **1062** (males 813, females 249)

- Illicit Drug Dependence **994** (males 732, females 262)



## Chapter 4: National Mental Health Minimum Dataset (MHMDS)

- Service data from the National Mental Health Minimum Data Set (MHMDS ) and from local reporting

## Chapter 4: National Mental Health Minimum Dataset (MHMDS)

- **Mental health services referral (First time and all referrals) by CCG for NHS Norfolk and Waveney, 2011/12**

In 2011/12, 3,269 people resident in North Norfolk were referred to mental health services, some more than once, such that there were 4,212 episodes of care, of which just over half were for females.

	GY&W	North Norfolk	Norwich	South Norfolk	West Norfolk	Missing	NHSN&W
<b>Female</b>							
First	4328	1861	2626	2171	1864	551	13401
Re-referral	1800	529	1093	624	832	193	5071
<b>Total</b>	<b>6128</b>	<b>2390</b>	<b>3719</b>	<b>2795</b>	<b>2696</b>	<b>744</b>	<b>18472</b>
<b>Male</b>							
First	3381	1408	2195	1590	1403	515	10492
Re-referral	1493	414	856	516	642	232	4153
<b>Total</b>	<b>4874</b>	<b>1822</b>	<b>3051</b>	<b>2106</b>	<b>2045</b>	<b>747</b>	<b>14645</b>
<b>Missing</b>							
First	19			73	1	1	94
Re-referral	9		1	134		10	154
<b>Total</b>	<b>28</b>		<b>1</b>	<b>207</b>	<b>1</b>	<b>11</b>	<b>248</b>
<b>Persons</b>							
First	7728	<b>3269</b>	4821	3834	3268	1067	23987
Re-referral	3302	<b>943</b>	1950	1274	1474	435	9378
<b>Total</b>	<b>11030</b>	<b>4212</b>	<b>6771</b>	<b>5108</b>	<b>4742</b>	<b>1502</b>	<b>33365</b>

## Chapter 4: National Mental Health Minimum Dataset (MHMDS)

- **32%** of referrals were from GY&W CCG, **13.6%** from North Norfolk CCG, 20.1% from Norwich CCG, 16% from South Norfolk CCG, 13.6% from West Norfolk CCG.
- The rate of referrals per 1000 persons were higher in GY&W 3.3 per 100, compared to **2.0** per 100 in North Norfolk CCG, 2.3 per 100 in Norwich, 1.7 per 100 in South CCG, 2 per 100 in West Norfolk.

## Chapter 4: People characteristics and mental health specialist services for North Norfolk CCG, 2011/12

- 58.5% were white, while 40.8% Not known or not specified or not stated or missing
- 56.9% were females and 43% are males
- 75% referred through GPs, and 24.9 through others
- Most common source of referrals apart from GPs were A&E 18.9%, Self-Referral 15.7%, Clinical source 15%

	North Norfolk		Norfolk & Waveney	
	Number	%	Number	%
White	1913	58.5	18081	75.4
Asian / Asian British	2	0.1	49	0.2
Black / African / Caribbean / Black British	6	0.2	96	0.4
Mixed / Multiple ethnic groups	12	0.4	122	0.5
Other ethnic group	3	0.1	166	0.7
Not known or not specified or not stated or missing	1333	40.8	5473	22.8
<b>Total</b>	<b>3269</b>	<b>100.0</b>	<b>23987</b>	
Females	1861	56.9	13401	55.9
Males	1408	43.1	10492	43.7
GP Referral	2455	75.1	16676	69.5
Other referral	814	24.9	7311	30.5

	North Norfolk		Norfolk & Waveney	
	Number	%	Number	%
A&E	175	13.9	2245	18.9
Consultant	86	6.8	838	7.0
TADS	31	2.5	316	2.7
Local Authority Social Services	102	8.1	560	4.7
Self-Referral	131	10.4	1875	15.7
Police	49	3.9	644	5.4
Probation or prison	22	1.7	317	2.7
Courts	3	0.2	52	0.4
Education Establishment/Services	8	0.6	233	2.0
Drug Action Team / Drug Misuse Agency		0.0	34	0.3
Clinical source	247	19.6	1781	15.0
Others	408	32.3	3013	25.3
<b>Total</b>	<b>1262</b>		<b>11908</b>	

## Chapter 4: Services with mental health referrals (some patients are included more than once) by CCG for NHS Norfolk and Waveney, 2011/12

- Referrals are to a wide range of services, most commonly, the Wellbeing service, followed by adult acute services and child and adolescent mental health services.

	North Norfolk		NHS Norfolk and Waveney	
		Number	Number	
Adult Acute Service	646	15.3	5387	16.1
Alcohol and Drugs Service	204	4.8	1787	5.4
CAMHS	479	11.4	3833	11.5
Community Services - Adults	36	0.9	820	2.5
Community Services - Older People	644	15.3	3616	10.8
Continuing Support		0.0	1	0.0
Criminal Justice Liaison	50	1.2	731	2.2
Early Intervention	5	0.1	76	0.2
Learning Disabilities	1	0.0	106	0.3
Low Secure Services	2	0.0	8	0.0
Medium Secure Services	4	0.1	64	0.2
Older People Acute Service	107	2.5	1019	3.1
Other	4	0.1	25	0.1
PICU	4	0.1	36	0.1
Wellbeing Service	2024	48.1	15841	47.5
Youth Service		0.0	2	0.0
Missing	2	0.0	13	0.0
<b>Total</b>	<b>4212</b>		<b>33365</b>	

## **Chapter 5 (Hospital admissions) over two years April 2010 – March 2012, Norfolk and Waveney**

- Admission to a District General Hospital - excluding mental health unit

## Chapter 5: Inpatient admissions in Norfolk and Waveney (‘Not including psychiatric hospital’)

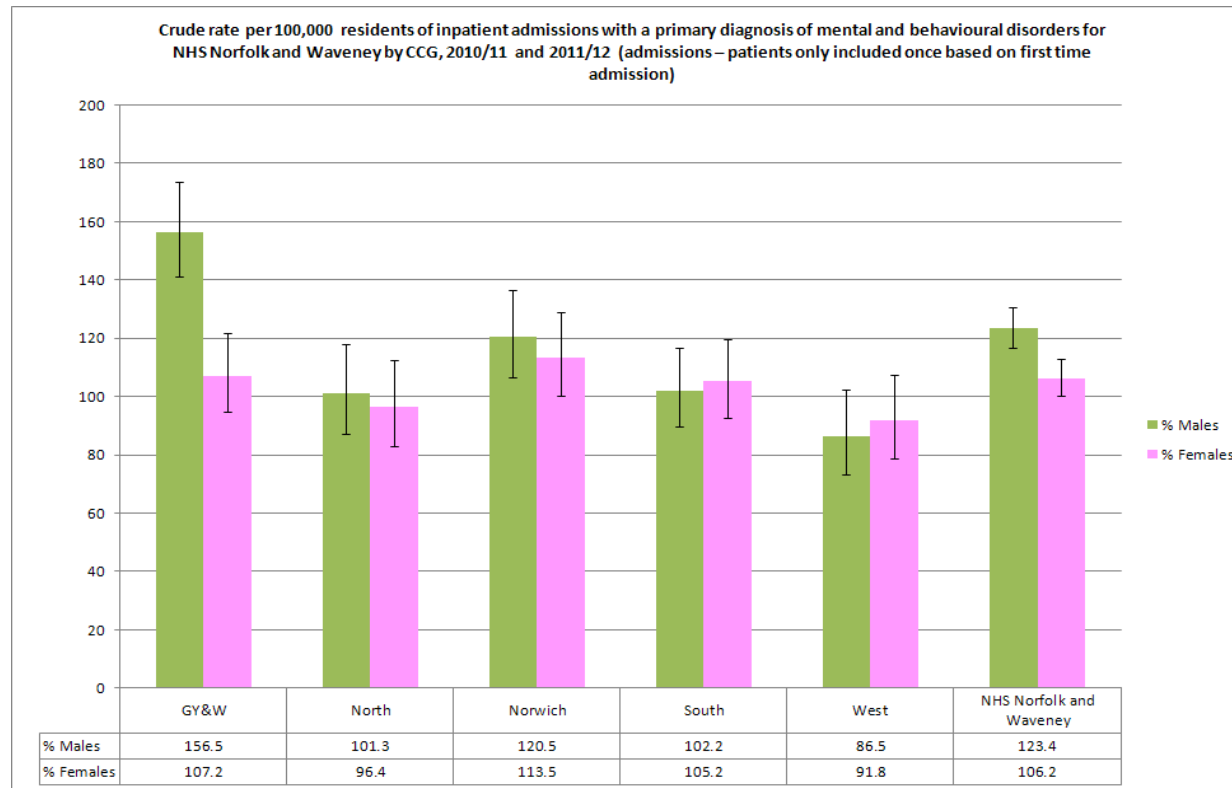
- **Number of inpatient admissions with a primary diagnosis of mental and behavioural disorders for NHS Norfolk and Waveney by CCG, 2010/11 and 2011/12**

There were **362** admissions recorded over the two years, of which 166 (50%) were males and 165 (50%) females.  
Some admissions could be the same person being admitted on more than once in the reporting period.

CCG	All admissions			First time admissions		
	Males	Males	persons	Males	Females	persons
GY&W	527	360	887	359	249	608
<b>North</b>	186	176	<b>362</b>	166	165	<b>331</b>
Norwich	296	273	569	246	236	482
South	278	255	533	222	236	458
West	188	162	350	139	154	293
City Reach Health Services	23	4	27	13	3	16
NA	64	25	89	59	23	82
<b>Total</b>	1,562	1,255	2,817	1,204	1,066	2,270

- **Crude rate per 100,000 residents for first time inpatient admission with a primary diagnosis of mental and behavioural disorders, by CCG in NHS Norfolk and Waveney 2010/11 and 2011/12**

South Norfolk CCG has lower hospital admission rate (not statistically significantly ) for residents with a primary diagnosis of mental and behavioural disorders during 2010/11 and 2011/12.





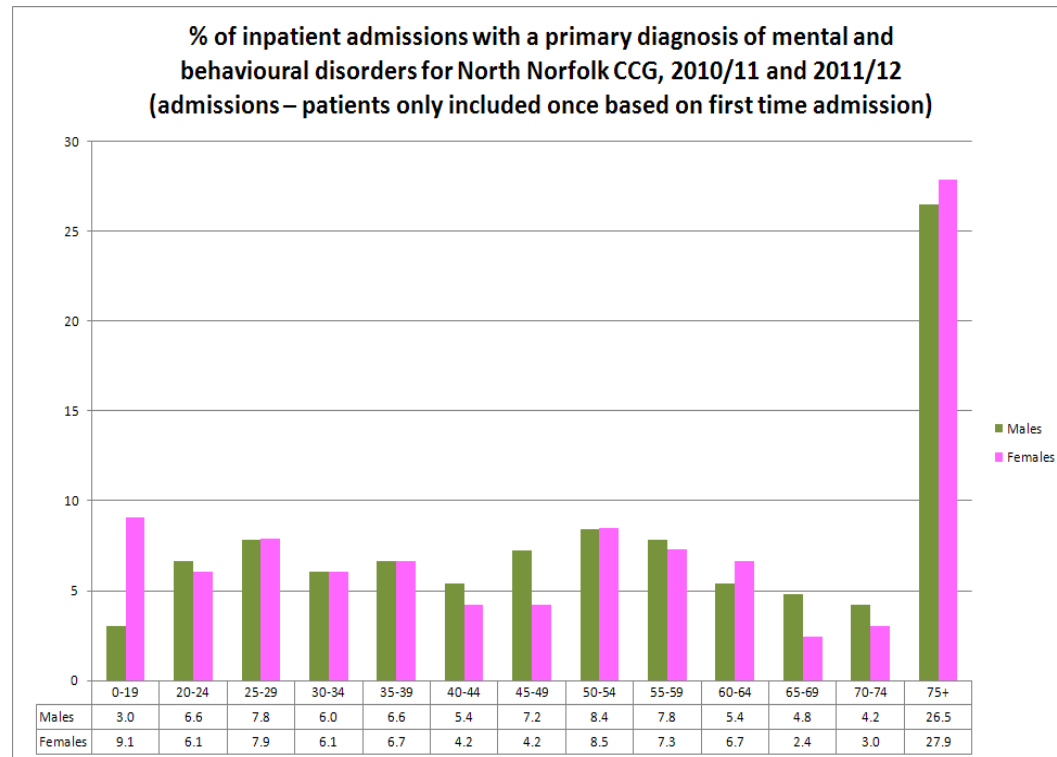
## Chapter 5: (Hospital admissions) over two years April 2010 – March 2012, North Norfolk

- The most common reason for someone to be admitted was for mental and behavioural disorders due to psychoactive substance abuse, accounting for **95 (28.7%)** people.
- A further **78 (23.6%)** were admitted with neurotic, stress-related and somatoform disorders.
- and **83 (23.6%)** people were admitted on account of their dementia.
- **34 (10.3%)** people were admitted with 'other organic, including symptomatic, mental disorders'
- and **10 (3%)** people were admitted with behavioural syndromes associated with physiological disturbances and physical factors.
- **14 (4.2%)** people were admitted with mood disorders and **10 (3%)** with schizophrenia, schizotypal and delusional disorders.

	Number			%		
	Male	Female	Person	Male	Female	Person
Mental and behavioural disorders due to psychoactive substance abuse	62	33	95	37.3	20.0	28.7
Dementia	39	44	83	23.5	26.7	25.1
Neurotic, stress-related and somatoform disorders	31	47	78	18.7	28.5	23.6
Other organic, including symptomatic, mental disorders	15	19	34	9.0	11.5	10.3
Mood disorders	8	6	14	4.8	3.6	4.2
Behavioural syndromes associated with physiological disturbances and physical factors	1	9	10	0.6	5.5	3.0
Schizophrenia, schizotypal and delusional disorders	5	5	10	3.0	3.0	3.0
Behavioural and emotional disorders with onset usually occurring in childhood or adolescence	4	0	4	2.4	0.0	1.2
Disorders of psychological development	1	1	2	0.6	0.6	0.6
Mental retardation	0	1	1	0.0	0.6	0.3
<b>Total</b>	<b>166</b>	<b>165</b>	<b>331</b>			

## Chapter 5: Inpatient admissions in North Norfolk (‘Not including psychiatric hospital’)

- Among men, admissions become more common with increasing age, rising slowly to a peak among 50 - 59 year olds. Then they drop slightly, followed by a sharp rise among men over the age of 75.
- The pattern for women is different, as they are more likely than men to be admitted when they are below the age of 30. However, the rate increased among 50-64 years old until the age of 75 + when rates also rise sharply, and to a higher level than seen in men.



## Chapter 6: Mortality attributed to mental illness in North Norfolk, 2003-2011

- Total number of deaths 2003-2011 in North Norfolk CCG due to mental health and behavioural disorders

Between 2003 and 2011, there were **495 deaths** recorded due to a mental and behavioural disorder in North Norfolk CCG. This gives an average of **55 deaths** per year not including suicides. The most common cause was **dementia in older people**, but in **younger age groups substance misuse was the predominant** cause.

	Age band					%
	0-34	35-64	65-74	75+	Total	Total
<b>Males</b>						
<b>F00-F03</b>	0	*	*	203	214	89.5
<b>F10-F19</b>	8	10	*	*	21	8.8
<b>F20-F99</b>	0	0	0	*	*	
<b>Total</b>	8	12	11	208	239	
<b>Females</b>						
<b>F00-F03</b>	0	0	7	470	477	96.4
<b>F10-F19</b>	*	*	0	0	8	1.6
<b>F20-F99</b>	*	5	0	*	10	2.0
<b>Total</b>	5	10	7	473	<b>495</b>	

## Chapter 7: Suicide and injury undetermined

- **Total number of deaths from suicide and injury undetermined by CCG for NHS Norfolk and Waveney, 2003-2011**

Data from the Office for National Statistics show deaths due to suicide or injury undetermined by year. Across North Norfolk between the years 2000 and 2011, the highest number, **15**, occurred in years 2003, 2004, and 2005 and the lowest, **5**, was seen in 2010. Over the 9 year period, the average number of deaths from suicide and injury undetermined is **10**. The long term trend has been a reducing rate, but this may have now reached a plateau.

	GY&W	North	Norwich	South	West	Missing	Norfolk and Waveney
2003	13	15	20	14	12	7	81
2004	26	15	24	23	18	5	111
2005	20	15	17	19	17	4	92
2006	20	6	17	14	14	5	76
2007	18	9	18	18	15	4	82
2008	18	9	20	12	11	8	78
2009	15	10	18	13	7	6	69
2010	20	5	14	15	14	2	70
2011	19	8	16	19	13	0	75
<b>Total (2003-2011)</b>	169	92	164	147	121	41	734
<b>Average per year</b>	19	10	18	16	13	5	82

**Note:** Data source Primary Care Mortality Database (PCMD)

## Chapter 8: Dementia

- **GP practice dementia register sizes compared to numbers of dementia sufferers identified by the Dementia Calculator by CCG, 2010/11**

Using the NHS tool that has been recently published to estimate true dementia prevalence in England, including those still undiagnosed by their GP, it was estimated that in 2010/11, there were **3,272** sufferers in North Norfolk CCG. Of these, **1,022** would have been living in residential care, and **2,250** in the community. Data from our GP registers however, document only 1,335 diagnosed cases in total (around **1,937** cases undiagnosed).

					Using Adjusted NDPR* & Residential care		
	Total population	% of list at 65+ years	Practice dementia register	Using NDPR *	Living in the community	Living in Residential Care	Total
<b>GY&amp;W</b>	230,813	22%	1,864	3,686	2,592	1,021	3,613
<b>North</b>	166,958	26%	<b>1,335</b>	3,205	<b>2,250</b>	<b>1,022</b>	<b>3,272</b>
<b>Norwich</b>	202,489	16%	1,043	2,625	1,833	643	2,476
<b>South</b>	217,820	21%	1,393	3,235	2,284	1,045	3,329
<b>West</b>	162,989	24%	926	2,771	1,953	816	2,769
<b>NHS N&amp;W</b>	981,069	22%	6,561	15,522	10,912	4,547	15,459

## Chapter 8: Dementia (cont.)

- The estimated number of dementia severity by CCG using the national estimate calculator tool for dementia, 2010/11

The expected number of people with dementia at different levels of severity. Of the **3,272** people in total, **1,794** had mild dementia **1,062** moderate, and **416** severe for North Norfolk CCG. **It is likely that it is these moderate and severe cases that are captured on GP dementia registers.**

	Mild	Moderate	Severe	Total
GY&W	1,983	1,174	455	3,613
<b>North</b>	<b>1,794</b>	<b>1,062</b>	<b>416</b>	<b>3,272</b>
Norwich	1,356	806	314	2,476
South	1,828	1,082	419	3,329
West	1,521	899	349	2,769
NHS Norfolk and Waveney	8,482	5,023	1,953	15,459

- North Norfolk CCG projected and resulting dementia estimates (based on current diagnosis rate) 2011/12 - 2015/16**

show the projected estimated figures for dementia within South Norfolk CCG from 2011/12 until 2015/16 and comparing it with GP practice QOF registers applying the current rate of diagnosis for each CCG on the projected number of people registered by each CCG. **North Norfolk has the highest number of undiagnosed cases of dementia in the county.**

	2011/12	2012/13	2013/14	2014/15	2015/16	% diagnosis rate
<b>North</b>						
Current dementia register	1,335	1,370	1,402	1,431	1,461	<b>40.8%</b>
Projected cases	3,272	3,357	3,436	3,508	3,580	
Undiagnosed cases	<b>1,937</b>	1,987	2,034	2,077	2,119	

## Chapter 10: Populations where potential inequity may be present

- **Prison**
- **Economic Migrants:** The potential has been noted here that people in these communities may be unaware of services, or how to access them even though rates of mental illness are likely to be fairly high in these groups.
- **Asylum seekers and Refugees:** People in these communities are also acknowledged to be at a higher risk of mental illness and services should ensure they are suitable for individuals who stand to benefit from them.
- **People with sensory impairment**
- **Homeless people:** Homelessness can be both a cause and a consequence of mental illness and services and approaches need to be tailored accordingly. Addressing homelessness as part of recovery from mental illness is a key part of current mental health strategies.
- **Lesbian, gay and bisexual populations:** Possibly less than 1% of the population of the East of England reports being lesbian, gay or bisexual, but the Integrated Household Survey April 2010 to March 2011 shows that they are at higher risk of experiencing mental health problems than society in general.

## Chapter 10: Populations where potential inequity may be present (1. Gypsy travellers )

- Research suggests that rates of anxiety and depression amongst gypsy travellers may be as much as **35%**.
- Office for National Statistics based on 2011 census records 46 Gypsy or Irish Traveller adults settled in North Norfolk
- One would expect 16 travellers with anxiety or depression if the research rates applied on the ONS gypsy travellers in North Norfolk.

	Gypsy or Irish Traveller	Potential number with anxiety or depression (35%)
Breckland	204	71
Broadland	44	15
Great Yarmouth	63	22
King's Lynn and West Norfolk	255	89
<b>North Norfolk</b>	46	16
Norwich	127	44
South Norfolk	183	64
Waveney	91	32
Norfolk	922	323
Norfolk and Waveney	1,013	355



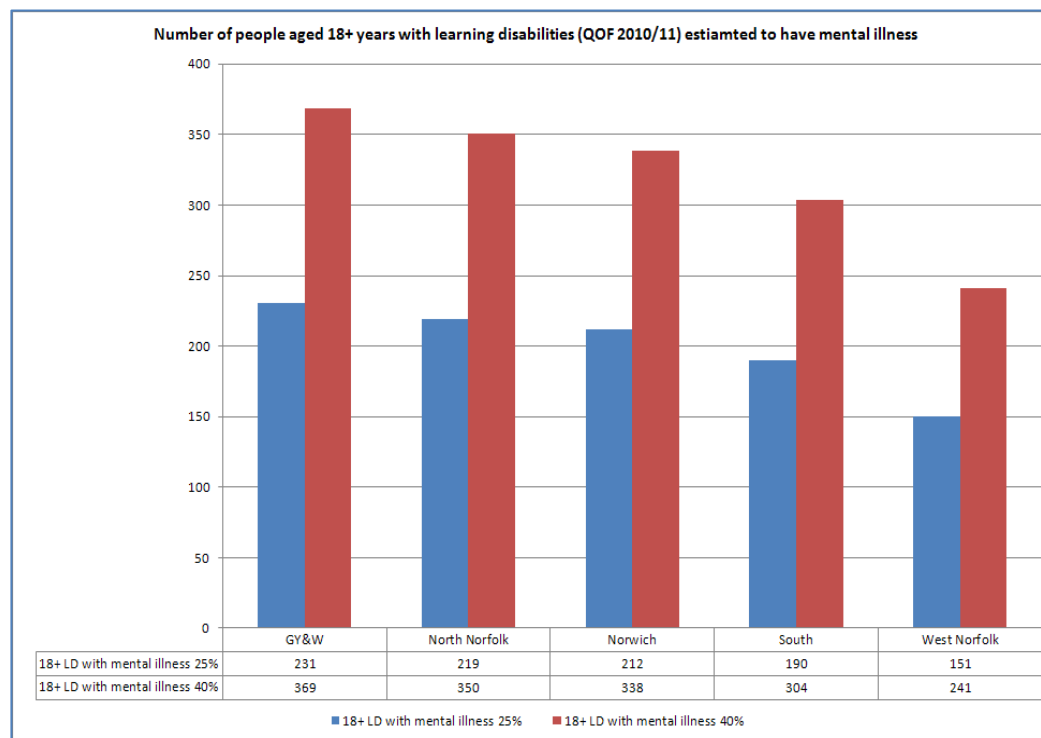
## Chapter 10: Populations where potential inequity may be present (2. Women with Postnatal mental illness)

- In 2011, there were **861** births in North Norfolk. Applying published rates of postnatal depression, it is anticipated that between 86 and 129 mothers would have been affected, underlining the need for vigilant general health services, and mental health services that are appropriate for this client group.

	Number of births	Estimated numbers of women with postnatal depression	
		10%	15%
Breckland	1484	148	223
Broadland	1153	115	173
Great Yarmouth	1109	111	166
King's Lynn and West Norfolk	1571	157	236
<b>North Norfolk</b>	861	86	129
Norwich	1901	190	285
South Norfolk	1262	126	189
Waveney	1250	125	188
Missing NHS Norfolk	39	4	6
Missing NHS GY&W	3	0	0
NHS Norfolk	8,271	827	1,241
NHS GY&W	2,362	236	354
NHS Norfolk and Waveney	10,633	1,063	1,595

## Chapter 10: Populations where potential inequity may be present (3. People with learning disabilities)

- Applying to the local numbers of people on the GP learning disabilities registers in 2010/11, published estimates of between **25%** and **40%** of people aged 18+ with learning disability also having a mental illness, there were between a **219** and **350** people in North Norfolk affected. Service providers require the capacity and specialist skills to deal with this need.



## Chapter 10: Populations where potential inequity may be present (4. Black Minority Ethnic Groups BME)

- There is research evidence that patterns of mental illness can be different in BME communities, but it is unclear how this would translate to local populations and groups. Cultural issues can affect access and experience of care.

	Irish	Chinese	Caribbean	Indian or British Indian, Pakistani, Bangladeshi, and Other Asian	White	All
Breckland	602	202	235	504	119,083	130,491
Broadland	406	290	69	571	119,618	124,646
Great Yarmouth	393	197	89	617	90,315	97,277
King's Lynn and West Norfolk	609	397	123	907	136,012	147,451
North Norfolk	354	149	78	192	98,017	101,499
Norwich	885	1,708	297	2,571	112,340	132,512
South Norfolk	455	327	86	576	118,049	124,012
Waveney	411	326	101	371	110,418	115,254
Norfolk	3,704	3,270	977	5,938	793,434	857,888
Norfolk and Waveney	4,115	3,596	1,078	6,309	903,852	973,142

## Chapter 10: Populations where potential inequity may be present (5. Carers)

- One in 10 people provide unpaid care to family friends or neighbours with long term physical or mental illness, and 3% provide this for more than 50h per week. Nearly a third of young carers care for someone with a mental illness. Carers themselves are at risk of developing mental health problems.

	Persons / numbers					
	All Usual Residents	Provides Unpaid Care	Provides 1 to 19 Hours Unpaid Care a Week	Provides 20 to 49 Hours Unpaid Care a Week	Provides 50 or More Hours Unpaid Care a Week	Provides 1-50 or More Hours Unpaid Care a Week
Breckland	130,491	116,566	8,537	1,811	3,577	13,925
Broadland	124,646	110,303	9,925	1,527	2,891	14,343
Great Yarmouth	97,277	86,372	5,984	1,572	3,349	10,905
King's Lynn and West Norfolk	147,451	130,039	10,357	2,261	4,794	17,412
North Norfolk	101,499	89,097	7,959	1,450	2,993	12,402
Norwich	132,512	120,628	7,492	1,523	2,869	11,884
South Norfolk	124,012	110,192	9,604	1,482	2,734	13,820
Waveney	115,254	101,603	8,141	1,776	3,734	13,651
Norfolk	857,888	763,197	59,858	11,626	23,207	94,691
Norfolk and Waveney	973,142	864,800	67,999	13,402	26,941	108,342

PS: Number of carers across Norfolk and Waveney, census data 2011  
(Office for National Statistics ONS)

## Chapter 10: Populations where potential inequity may be present (5. Carers)

- Of the carers on North Norfolk, as many as 2,232 could have significant neurotic symptoms based on the estimate of **18%** (in Singleton et al, 2002).

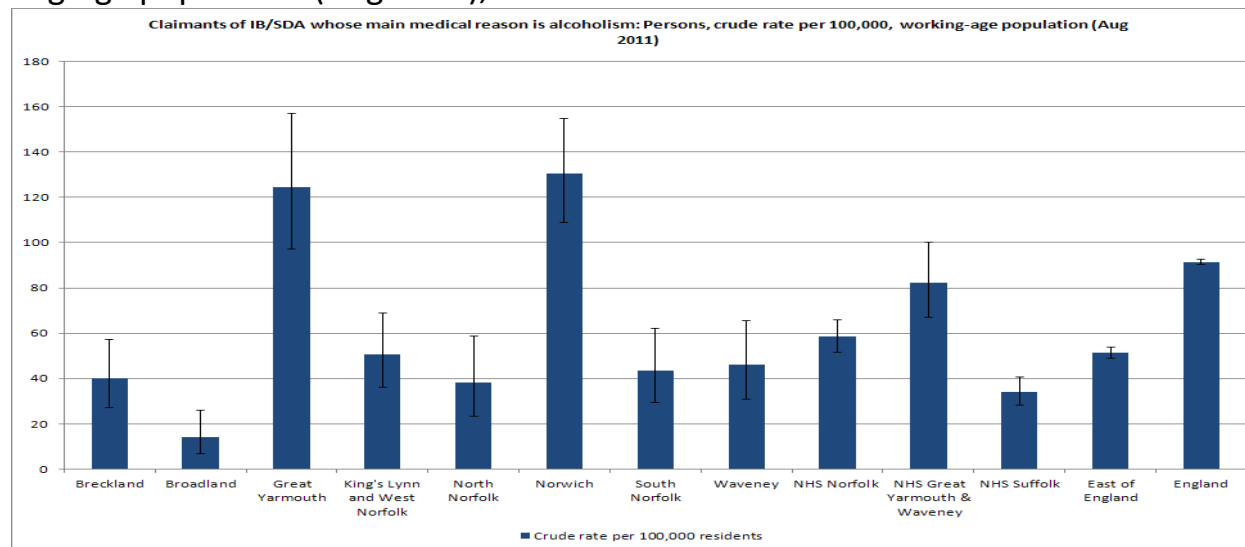
Number of all carers that are likely to have substantial neurotic symptoms

	Numbers
Breckland	2,507
Broadland	2,582
Great Yarmouth	1,963
King's Lynn and West Norfolk	3,134
<b>North Norfolk</b>	<b>2,232</b>
Norwich	2,139
South Norfolk	2,488
Waveney	2,457
Norfolk	17,044
Norfolk and Waveney	19,502

## Chapter 10: Populations where potential inequity may be present (6. Mental illness and alcoholism)

- **Mental illness and alcoholism**

- Claimants of **IB/SDA** whose main medical reason is alcoholism: Persons, crude rate per 100,000, working-age population (Aug 2011), **North Norfolk is the second lowest.**



## Chapter 10: Populations where potential inequity may be present (6. Mental illness and alcoholism)

- Alcohol-specific hospital admissions crude rate per 100,000 persons by gender, and CCG, April 2010 – March 2012
- North Norfolk CCG has the lowest hospital admissions rate.

2010/11 - 2011/12	Mental and behavioural disorders due to use of alcohol (F10)					
	First time admissions			All admissions		
	Males	Females	Persons	Males	Females	Persons
GY&W	100.2	33.2	66.5	156.0	49.1	102.2
North Norfolk	36.6	18.1	27.2	45.2	21.6	33.1
Norwich	68.1	30.3	49.0	87.2	39.4	63.1
South	42.3	25.4	33.7	63.5	30.3	46.7
West Norfolk	49.2	27.4	38.1	74.7	29.8	51.8
Total	66.7	28.3	47.2	95.6	36.3	65.5

## Chapter 11: Programme Budgeting and Outcomes

- **Mental health outcomes in Y&H PHO programme budgeting tool for NHS Norfolk and Waveney CCGs**
  - Information on two mental health disorder outcomes are also available within the information produced by the Yorkshire and Humber Public Health Observatory (Y&H PHO) programme budgeting tool for each CCG, PCT and England.

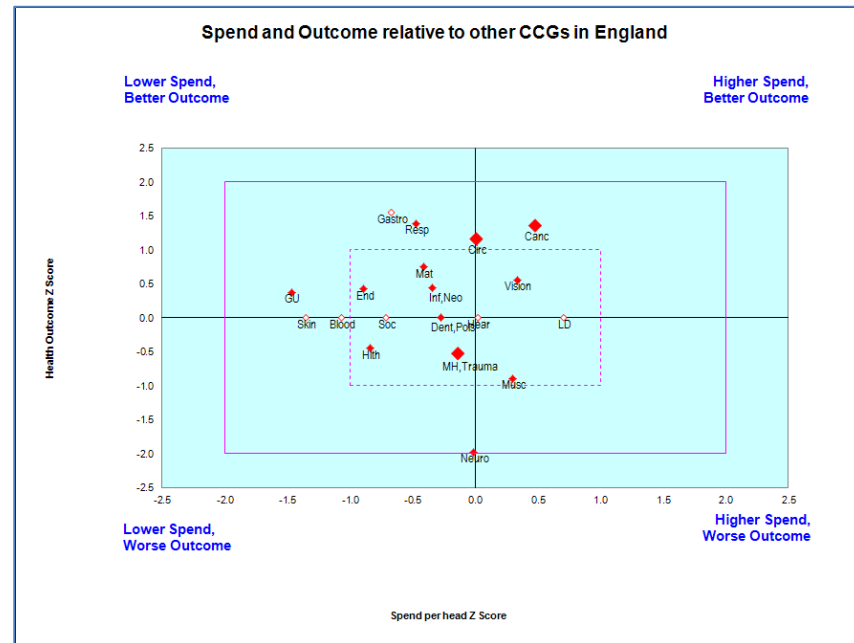
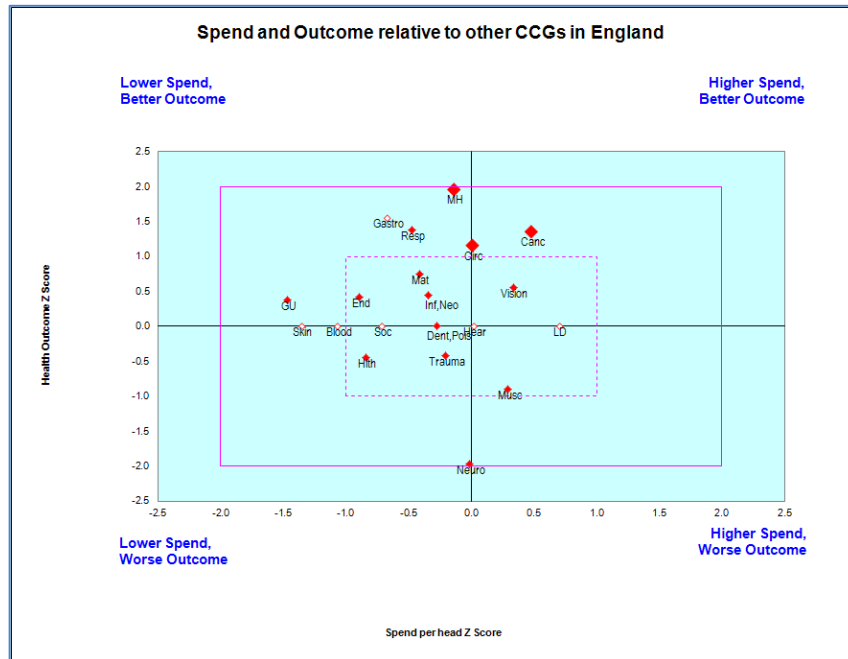
	% of patients on enhanced CPA receiving follow up (face to face or telephone) within 7 days of discharge 2007/08		DSR mortality rate from suicide and injury undetermined, 2008-10	
	%	Rank	%	Rank (out of 212 CCGs)
<b>GY&amp;W</b>	94%	79	10.33	184
<b>North</b>	91%		4.03	4
<b>Norwich</b>	91%		8.48	139
<b>South</b>	91%		6.07	33
<b>West</b>	91%		6.18	37
<b>GY&amp;W</b>	94%	54 (Out of 151 PCTs)	9.1	55 (Out of 151 PCTs)
<b>NHS Norfolk</b>	91%	30 (Out of 151 PCTs)	7.3	106 (Out of 151 PCTs)
<b>East of England</b>	90%		7.3	
<b>England</b>	93%		7.9	



# Chapter 11: Programme Budgeting and Outcomes (cont.)

Spend and Outcome for North Norfolk CCG relative to other CCGs in England (Mortality from suicide and injury undetermined)

Spend and Outcome for North Norfolk CCG relative to other CCGs in England (Patients on enhanced CPA receiving early follow up)



## Next steps

- Further work should be undertaken, in collaboration with commissioners e.g.
  - to compare data between different chapters of this report, and other further analysis
  - to include further data sources, e.g. prescription data and data used in commissioning and providing CAMHS services
  - to consolidate latest evidence of best practice for different mental health pathways, including literature review
  - to identify other geographical areas with better outcomes in relation to their local population needs - exploring their local services and pathways
  - to agree and commission specific local data collection projects, e.g. surveys and service user views.
- To agree on best ways to present data to inform commissioning decisions for future commissioning configurations.
- To develop our knowledge and information on IAPT and assess to what extent it reflects population need.
- To make recommendations on future data collections that will better inform future needs analysis work e.g. to identify the real rates of illness within a particular population group locally against published national average rates.