

Mental Health: Public Health outcomes for Norfolk and Waveney

Integrated Care Partnership (ICP) meeting 8th November 2023

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Acknowledgements:

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Summary of Mental Health & Wellbeing in Norfolk and Waveney - outcomes

What is the situation?



Mental illness

contributes to **21%** of the total **disease burden** in the UK

At least 12.8% of children and adolescents have **emotional, social and mental health needs**



Prevalence **is increasing** and **is higher** than national average

16% of adults have **diagnosed mental health conditions**²

Self-reported mental illness is **higher** than national average, at 12%, identifying potential unmet needs

Who is most likely to be affected?



73% of deaths due to suicide were among **men**



1/3 of adults with **mental health problems** are **parents**



People living in **poverty**, **16%** of the population are **fuel deprived**³

59% in drug and alcohol **treatment** reported a **mental health need** (England)



Emotional wellbeing is a cause for concern for **44%** of **looked after children**³



65 per 10,000 of **children** are in **care**



23% of people with **long-term mental health conditions** are **smokers**² (compared to 15% of the general population)



People who are **unemployed**, which is **4%** of the population



People with **long-term conditions**, **20%** of people have a **limiting long-term illness or disability**³

What are the impacts and risks?

Rates per 100,000 population...

496 Hospital admissions due to self-harm (10-24 years)³

11 suicides

Self-harm, excess alcohol and drug use **account for more than half of emergency admissions** for mental health



32 per 1000 claim **employment support allowance** for mental & behavioural disorders³

The highest excess mental health admissions are in **Lowestoft, Gorleston and Norwich**



Exposure to **green, outdoor spaces** and **physical activity** can **improve mental health**



Research suggests **25-50%** of adult mental illness may be **avoided** through prevention and intervention **in childhood**

*Serious Mental Illness

1- Lower than national average

2- Similar to national average

3- Higher than national average

Infographic produced by Insight & Analytics - April 2022, updated November 2023. Data taken from 'Mental Health Needs Assessment' and Fingertips. Data shown is for Norfolk and Waveney where possible, else is shown for Norfolk, unless stated otherwise e.g. national data.



Norfolk County Council

Children and Young People

- 12.8% of 5 to 19-year-olds (1 in 8) are estimated to have a diagnosable mental health condition. In Norfolk and Waveney this equates to over 18,000 Children and Young people. (Pre-pandemic)
- Most recent estimates suggest 1 in 6 CYP have a 'probable MH need' with prevalence as high as 1 in 4 within 17–19-year-olds (NHS Digital, 2020)
- **Self-harm** - although people across all age groups may self-harm, females and young people are recorded to self-harm in greater numbers than the rest of population.
 - Hospital admission rates as a result of self-harm in 10-to-24-year-olds in Norfolk are significantly worse than England.

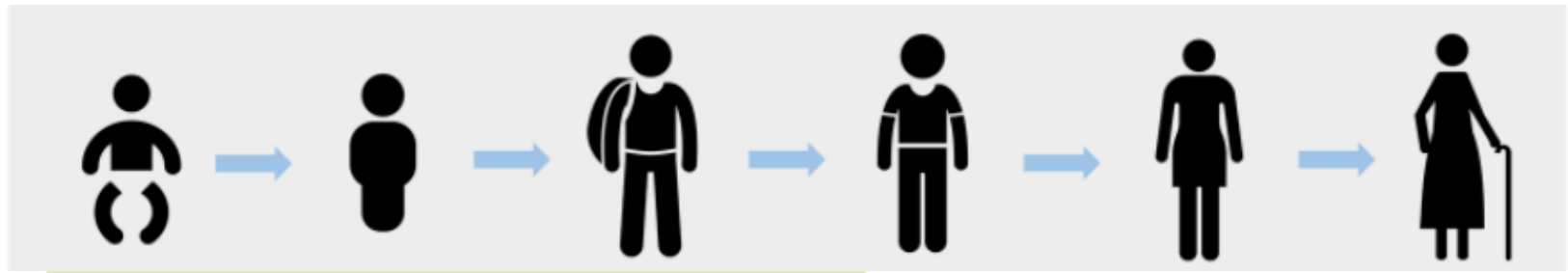
Hospital admissions as a result of self-harm (10-24 years) 2021/22

Directly standardised rate - per 100,000

Area ▲▼	Value ▲▼	95% Lower CI	95% Upper CI
England	427.3	423.2	431.3
East of England region	383.5	371.9	395.5
Suffolk	497.3	458.3	538.7
Norfolk	496.0	460.6	533.4
Peterborough	477.9	411.9	551.4
Cambridgeshire	456.1	418.7	496.0
Southend-on-Sea	408.9	337.9	490.4
Central Bedfordshire	397.9	342.6	459.4
Bedford	383.9	318.7	458.4
Luton	352.4	300.6	410.6
Hertfordshire	320.8	296.9	346.0
Thurrock	296.7	238.3	365.1
Essex	279.2	258.5	301.1

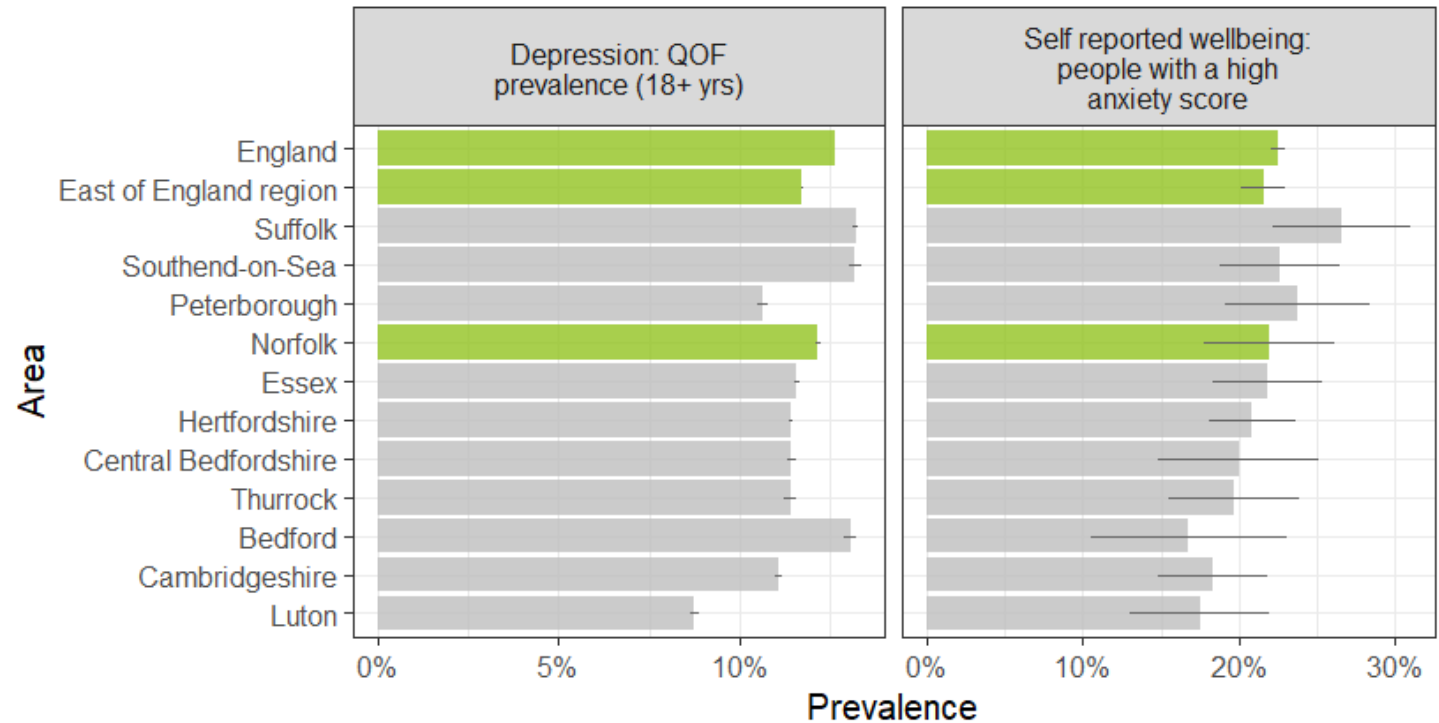
Source: Hospital Episode Statistics (HES) Copyright © 2020, Re-used with the permission of The Health and Social Care Information Centre. All rights reserved.

[Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.org.uk/)

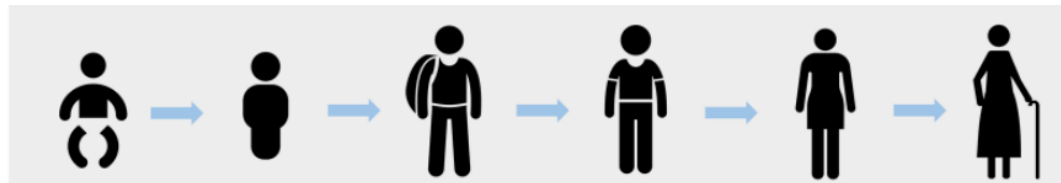


Adult Population

- Depression and Anxiety are commonly diagnosed Mental Health conditions.
- The proportion of the population diagnosed with depression is similar to the England average.
- There is variation across the PCNs in terms of prescribing practices and patient management.
- Depression is a major and treatable risk factor for suicide.



OHID fingertips - 2021/22



The Norfolk Suicide Audit identified higher rates of people dying by suicide in Norwich and areas of higher deprivation, as well as higher risk cohorts such as middle-aged and very old men.

What is the situation?

Around **90** people die by suicide in Norfolk every year

Suicide rates in Norfolk are **higher** than **regional** and **national** rates, but **not significantly** so.

Highest rates are in **Norwich**

No increase during Covid-19 pandemic

3 in 4 suicides are **men**



Rates highest in **middle-aged** men and women, and **older men**



Who is more likely to be affected?

People **living alone**



People who are **unemployed**



People born in an **EU country**



People living in more **deprived** areas



People working in **trades, construction, agriculture, driving, health & social care**



Contacts and Engagement with Services

47% attempted suicide before, half of whom more than once

In the **year** before their death...

- **52%** had seen **primary care** for their **mental health**, and 58% of those were also known to mental health services
- **1 in 3** had **no contact** with primary care or mental health services

In the **week** before their death...

- **7%** had been in contact with primary care **and** mental health services

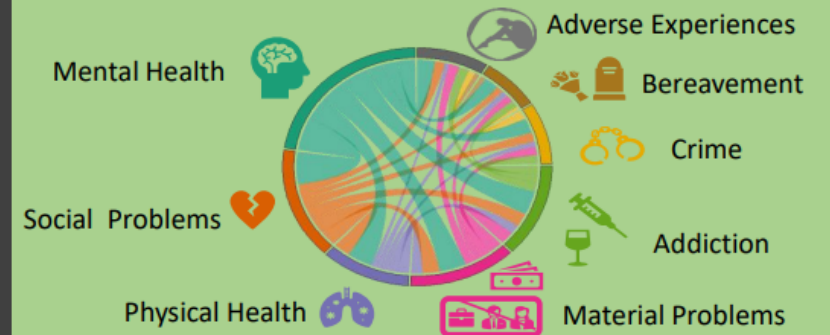
Of those with recorded mental health data...

- **69%** had been in contact with mental health services
- **Fewer men** had been in contact than **women**

Of those who were referred to the services or signposted for self-referral...

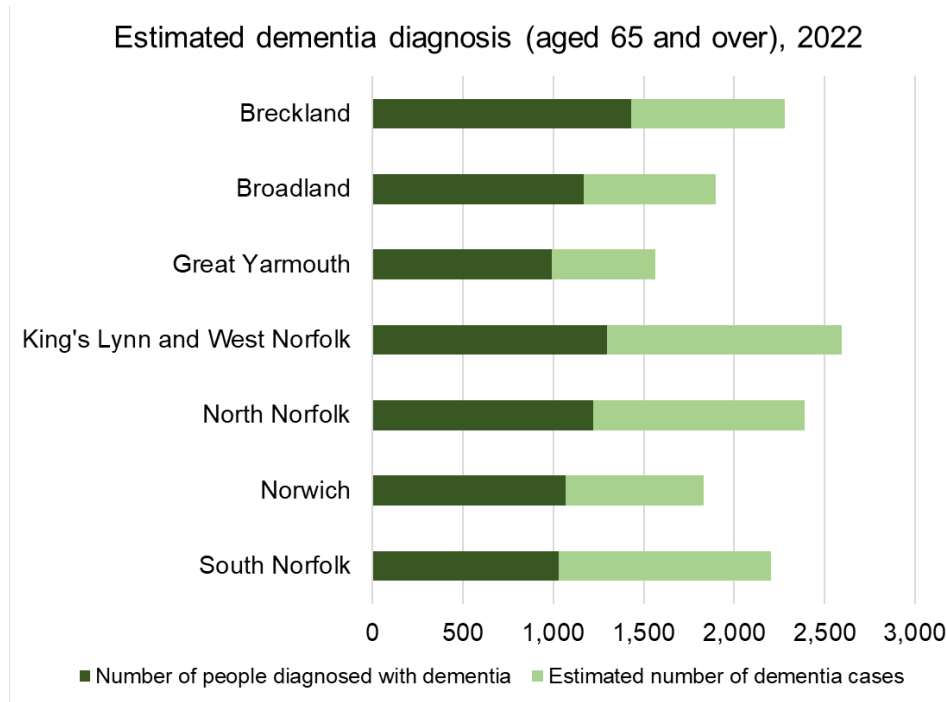
- **30%** refused or failed to engage with services

Suicide is **complex**, and individuals often faced multiple **interrelated risk factors**...



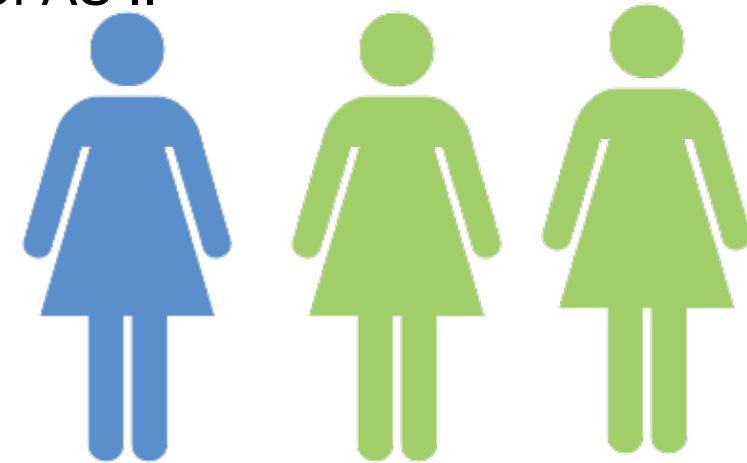
If you are struggling, call Samaritans for free on 116 123, email them at jo@samaritans.org, or visit www.samaritans.org
Or visit this page for more support www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/suicide

The proportion of the population diagnosed Alzheimer's disease or dementia is higher than the England average and is likely to almost double in the next 20 years.



More than 1 in 3 females over the age of 90 are estimated to have dementia in Norfolk

- CFAS II



There are approximately 14,800 people living with dementia in Norfolk now; this is forecast to double to by 2040. Almost 3 out of 4 of these additional diagnoses will be in those aged over 85.

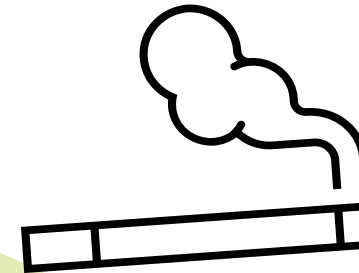
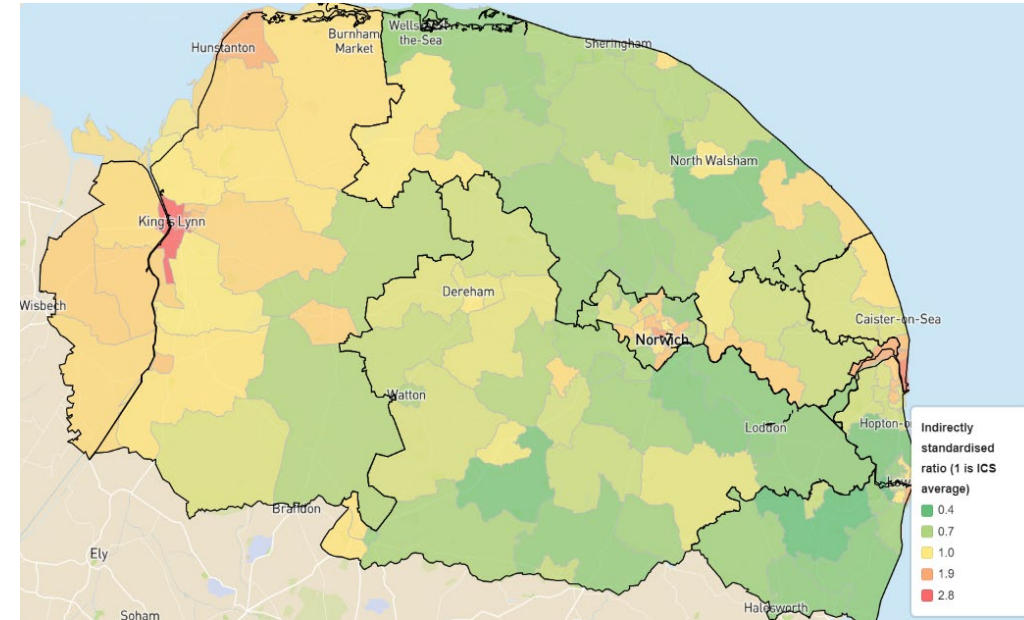
Source: Pansi, fingertips.phe.org.uk

Currently around 50% of patients with dementia have had their care plan reviewed in the previous 12 months, and this is as low as 30% in Primary Care Network areas such as West Norfolk Coastal or Ketts Oak.

Health Inequalities

- Adults with Severe Mental Illness (SMI) have a **383.3% higher risk of premature mortality (before aged 75)** compared to those without SMI in Norfolk.
- People living with SMI experience some of the worst inequalities, with a **life expectancy of up to 20 years less** than the general population.
- People with long term mental health conditions, especially from more deprived areas, are at **substantially higher risk of physical illness such as obesity, asthma, diabetes, COPD and cardiovascular disease.**
- This disparity is largely due to modifiable risk factors such as smoking, obesity, substance misuse and medical care.
- The proportion of people with a diagnosed mental health condition with a comprehensive care plan or with a blood pressure / BMI check varies across our system - e.g. In Gorleston, 200 extra patients with SMI would need a care plan put in place to meet the England average.

SMI unplanned Hospital admissions 2017/18-19/20



26% of people with long term mental health conditions are **smokers**
(compared to 15% of the general population)

Neurodiversity - Autism

Situation in Norfolk & East Suffolk



8,935

People (15+) in Norfolk and Waveney are estimated to have autism ^(a)



In addition,
1,950

children in Norfolk have autism as a primary special educational need. This means the figure is likely to be higher than this as others will have autism as a secondary need ^(2021/22).

Autism is a set of lifelong, neurodevelopmental conditions characterized by difficulties with social and communication, narrow areas of interest, and repetitive behaviours.

Health Care Barriers and Considerations

Autistic individuals have higher healthcare utilization, higher likelihood of hospitalization, prescription drugs claims, a greater number of emergency room, primary care, outpatient, inpatient, mental health, neurological, and speech therapy visits. Community and voluntary organisations play an important role in providing support for people with autism.

Autistic people have self-reported **poorer quality healthcare** than their peers. Healthcare adjustments are needed but infrequently available, such as:

- **Sensory environment adjustments**
- **Knowledge and communication of healthcare professional**
- **Flexibility of clinical service context** (e.g., offering online appointments, changing appointment length according to patient preference, etc.) ^(c)

Health Need



Males are **4 times** more likely than **females** to be diagnosed autistic

Autism affects all **ethnic** and **socioeconomic groups** but **minority groups** tend to be **diagnosed later** and less often. **Early intervention** affords the best opportunity to support healthy development across the lifespan.

It is likely that many of the adults in Norfolk with autism have **not been formally diagnosed**. In particular, it is thought females are less likely to receive a diagnosis, as autism may present differently.

Psychiatric conditions

Those with autism and a mental health problem may not **access services** as often as the general population with mental health problems, leading to **health inequalities**.



Research has shown people with autism are ^(b):

14 x

more likely to have **OCD**

4 x

more likely to have **dementia**

6 x

more likely to have **bipolar**

5 x

more likely to have **attention deficit disorders**

3 x

more likely to have **depression**

5 x

more likely to attempt **suicide**

Research has also shown that **54% of people with autism are diagnosed with a psychiatric condition**.

Chronic conditions

Many areas in Norfolk have identified **gaps in provision of preventative services**, to avoid the need for escalation to **specialist services***.

Nearly all chronic medical conditions are significantly more common in adults with autism.

Research has shown people with autism are ^(b):

2 x

more likely to have **dyslipidaemia**

16 x

more likely to have **epilepsy**



3 x

more likely to have **hypertension**

more likely to have **nutrition conditions**

*For more detail please see our needs assessments on Norfolk Insight: [Adults and children with autism in Norfolk \(Mar-19\)](#)



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Further detailed information is available on the Norfolk Insight website:
<https://www.norfolkinsight.org.uk/jsna/healthcare-evaluation/>