



TRAFFORD
COUNCIL

**HEALTH AND WELLBEING PRIORITY:
TO REDUCE THE IMPACT OF POOR MENTAL
HEALTH**

JANUARY 2021



WHY IS THIS A PRIORITY IN TRAFFORD?

- Our mental health and wellbeing affects our functioning, our physical health and our capacity to lead a healthy lifestyle. It also influences our ability to manage and recover from physical health conditions.
- People with a greater sense of wellbeing (feeling generally good and functioning well) generally have better physical and mental health with lower rates of illness and faster, more sustained recovery.
- Trafford adults with a severe mental illness (people with psychological problems that are often so debilitating that their ability to engage in functional and occupational activities is severely impaired e.g. schizophrenia, bipolar affective disorder and other psychoses) are almost five times more likely to die early than the general population of England and the risk is second highest amongst its groups of statistical neighbours on this measure⁽¹⁾



KEY INDICATORS

- 12.6% of population on a GP register for depression ⁽¹⁾
- 13% of adults report high levels of anxiety ⁽²⁾
- 2,382 adults on severe mental illness register ⁽¹⁾ and 42% of these adults smoke ⁽³⁾
- Adults with a serious mental illness in Trafford are almost five times more likely to die early than the general population of England ⁽⁴⁾
- Suicide rate in Trafford is 8.1 per 100,000 population and is lower (statistically significant) than England average of 10.1 per 100,000 ⁽⁵⁾
- 66 % point gap in the employment rate for those in contact with secondary mental health and the overall employment rate (significantly similar to England average) ⁽¹⁾



- Since 2013-2014, recorded prevalence of depression has increased by 6.4%.
- Levels of self-reported anxiety have been declining in Trafford
- Suicide rates have remained stable since 2015.
- Percentage point gap in the employment rate for those in contact with secondary mental health and the overall employment rate has reduced by 5 % since 2015.



COMPARISON OF SUICIDE RATES FOR TRAFFORD AND ITS STATISTICAL NEIGHBOURS (2017-2019)



Area	Value	LCI	UCI
England	10.1	9.9	10.3
Neighbours average	-	-	-
Darlington	13.6	9.6	18.7
Solihull	13.3	10.4	16.7
Peterborough	12.4	9.5	15.9
York	11.8	9.0	15.2
Bedford	10.9	8.0	14.4
Telford and Wrekin	10.2	7.5	13.6
Warrington	9.9	7.5	12.9
Reading	9.9	6.8	13.7
South Gloucestershire	9.1	7.0	11.5
Milton Keynes	8.9	6.8	11.5
Stockport	8.8	6.8	11.2
Cheshire West and Chester	8.4	6.6	10.5
Trafford	8.1	6.0	10.7
Swindon	7.4	5.3	10.0
Thurrock	5.5	3.5	8.1
Poole	-	-	-

Source: Mental Health and Wellbeing Profile, 2019

Trafford has the third lowest suicide rate (8.1) amongst its statistical neighbours for the period 2017- 2019



INEQUALITIES IN MENTAL ILLNESS

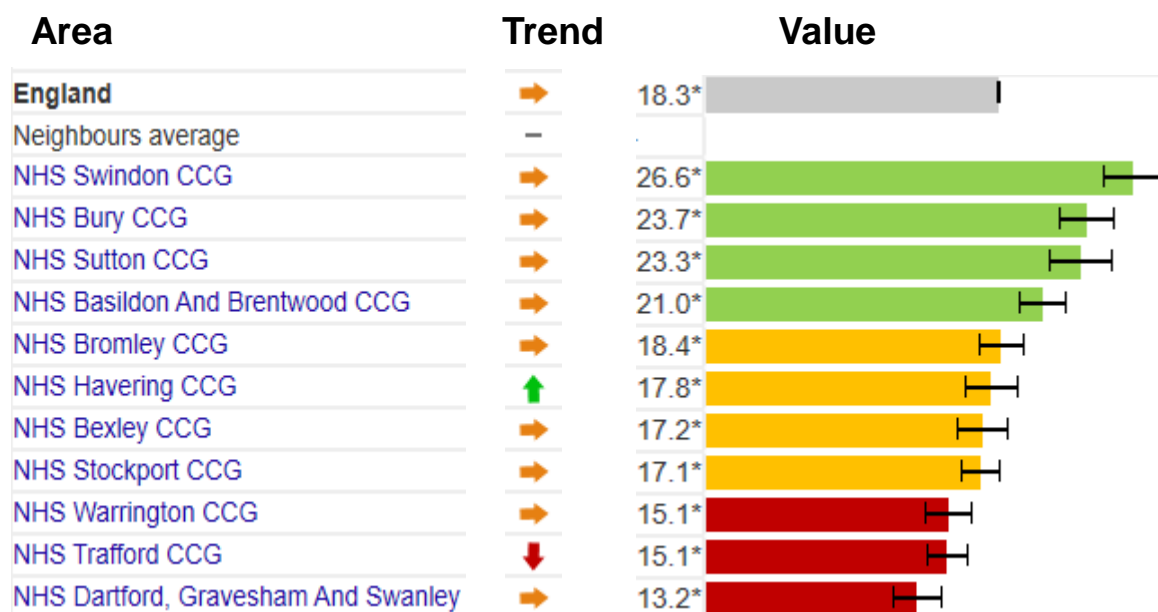
Trafford council holds a suicide dataset (Real Time Suicide Dataset or RTSD) that is updated in real time when a notification of suicide is reported by the coroner and has been set up since June 2019. Fortunately, the number of suicides in Trafford are low and **the results of the analysis should be interpreted with caution.**

<p><i>Gender</i> Higher suicide rates in males compared with female</p>	<p><i>Age</i> 70% of Suicides under 50 years of age</p>
<p><i>Deprivation</i> The highest percentage of suicide are in the least deprived quintile (35%) and the lowest percentage in the average deprivation quintile (10%) ⁽¹⁾</p>	<p><i>Employment status</i> The highest percentage (38%) of suicides are in the unemployed category ⁽²⁾</p>



SERVICES TO REDUCE THE IMPACT OF MENTAL ILLNESS

Indicator of access to IAPT services for Trafford CCG is the second lowest among a group of similar CCGs and is following a downward trend (getting worse) ⁽¹⁾ :



Amongst patients on a mental health register in Trafford:



86% have a record of blood pressure in last 12 months



84.8% have a record of alcohol consumption



Cervical screening coverage in Trafford for women aged 25-64 years on a mental health register is higher (76.1%) than England average of 70.5% and is the highest amongst its group of similar CCGs⁽²⁾ .



MENTAL HEALTH AND WELLBEING SERVICES IN TRAFFORD



There are lots of organisations that offer mental health help, both locally and nationally. People may need different types of support at different times in their life.

Different services are available, sorted by different levels of support individuals may need. These include self-help services, getting advice, getting help and getting more help. Details of these services can be found in the Trafford Directory at www.trafforddirectory.org.uk