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Wales

20 May 2014

Mental Health Today

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Content

- Prevalence
- Strategic context
- Transforming Health Improvement

Cost of Mental Health

- The overall cost of mental health problems in Wales in 2007/08 has been estimated at £7.2 billion a year (Friedi and Parsonage, 2009)
- In Wales 11% of adults have a diagnosed mental health illness, women 14% and men 8% (Welsh Government 2012)

Age standardised percentage of adults who reported currently being treated for any mental illness by local authority 2010-2011



(Source: Welsh Health Survey 2012)

Children

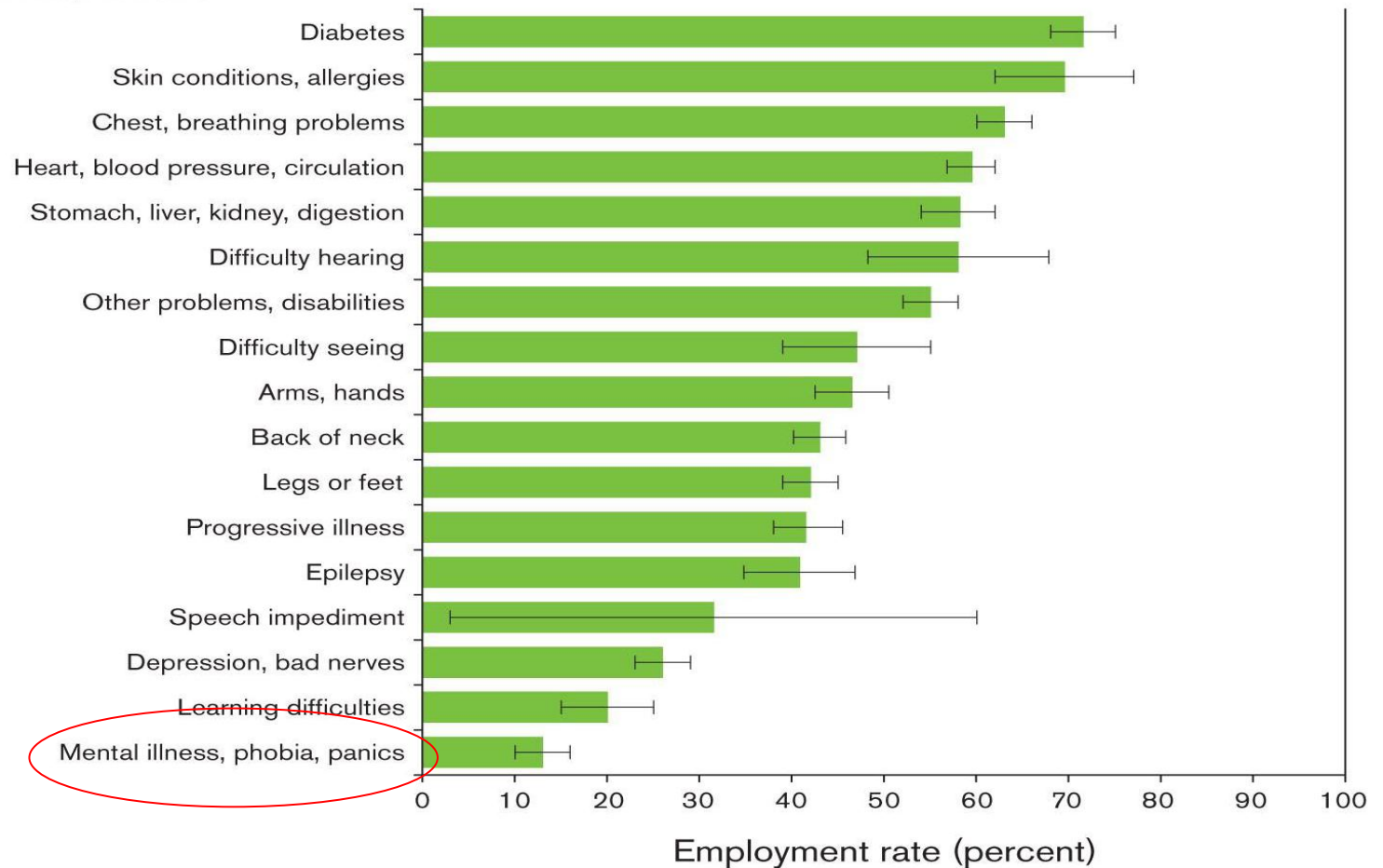
- Most mental disorders have their origins in childhood, being evident by the age 14 years (Royal College Psychiatrists, 2010)
- Children of single-parent families are twice as likely to have a mental health problem (16%, compared with 8%) (Children's Society 2013)
- In 2011 suicide rates in those aged 15 and over in Wales rose to the highest level since 2004 at 13.9 per 100,000
- It has been estimated that promoting mental wellbeing in a single year cohort of children in Wales could lead to benefits worth over £1 billion (Friedli and Parsonage ,2009)

Older people

- Most common mental health issues for older people are Depression and Dementia
- 146,000 people in Wales aged 65 yrs and over feel lonely at least sometimes (25%) (Age Cymru, 2014)
- Other factors leading to depression are Loneliness and Falls.
- In the UK, one in three people aged over 65, and half of those aged over 80, fall at least once a year (Todd and Skelton 2004)

Employment and Mental Health

Type of impairment



Source: Institute of Health
Equity – Ethnicity and Mental
Health

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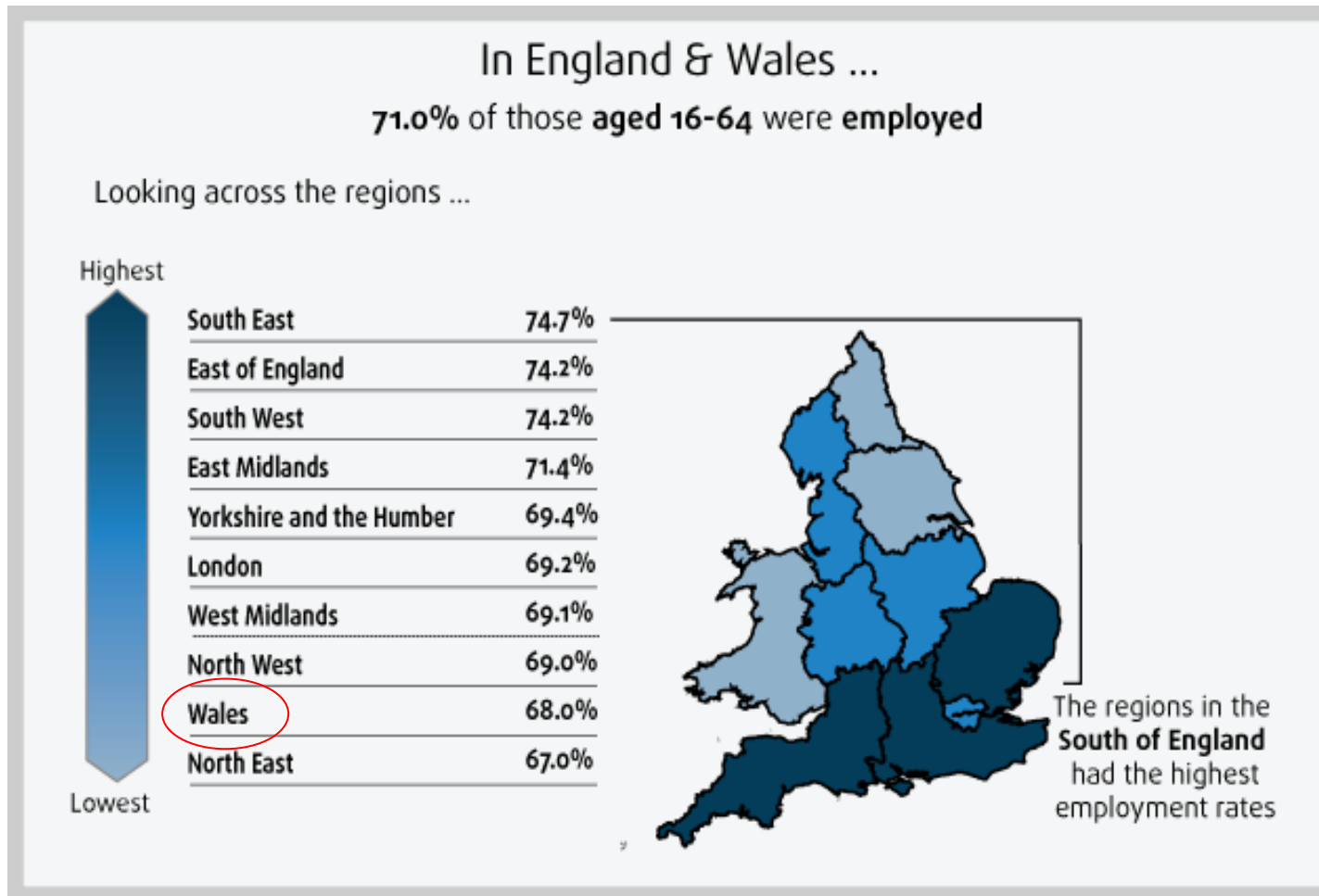
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Economic activity & wellbeing



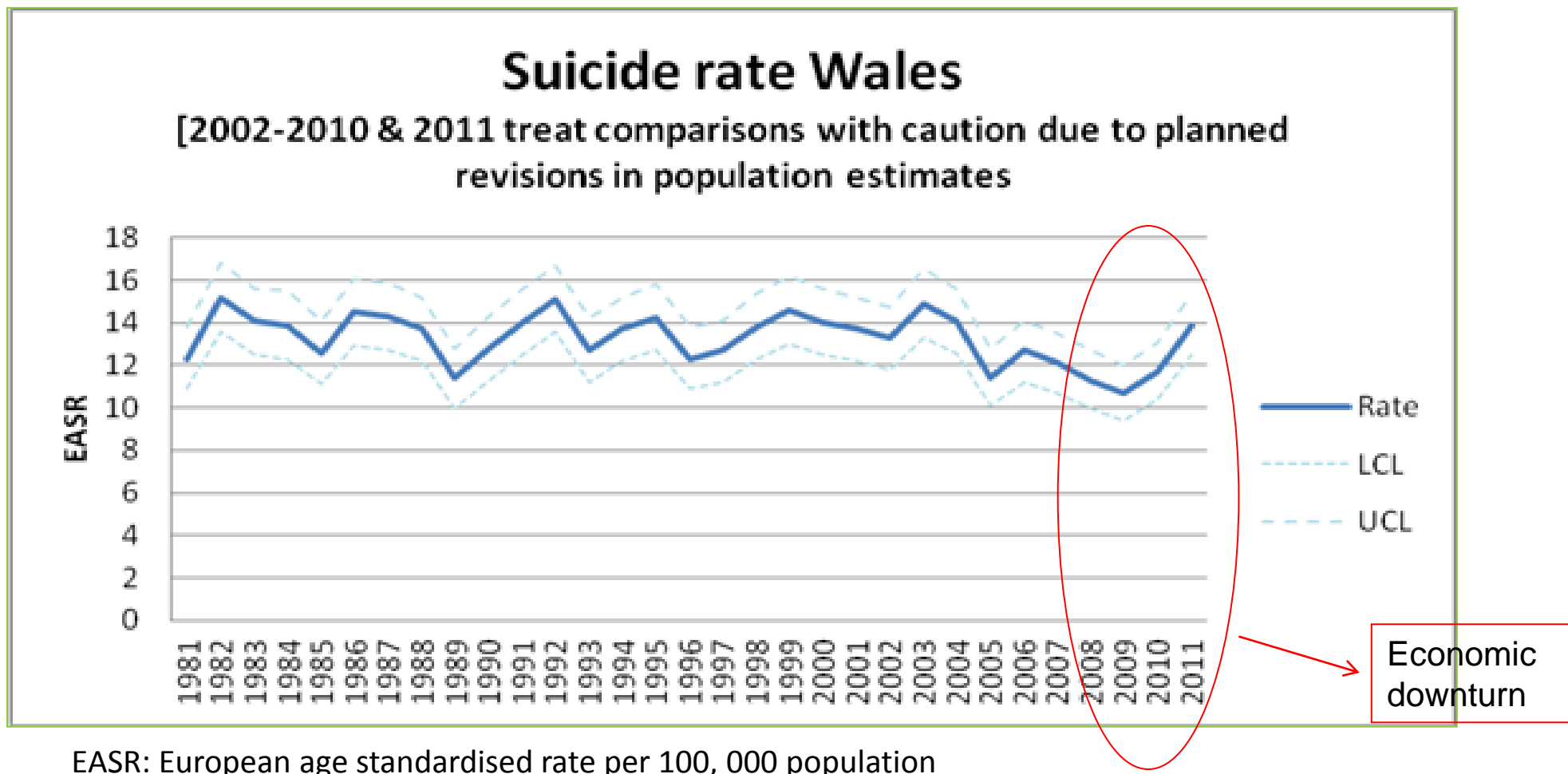
Source: Wellbeing in Wales
Secondary Analysis of the National Survey for Wales 2012/13

Employment rates in Wales



Source: Employment rates across the English regions and Wales (16-64) (ONS, 2013)

Wales Suicide rates released in Jan 2013

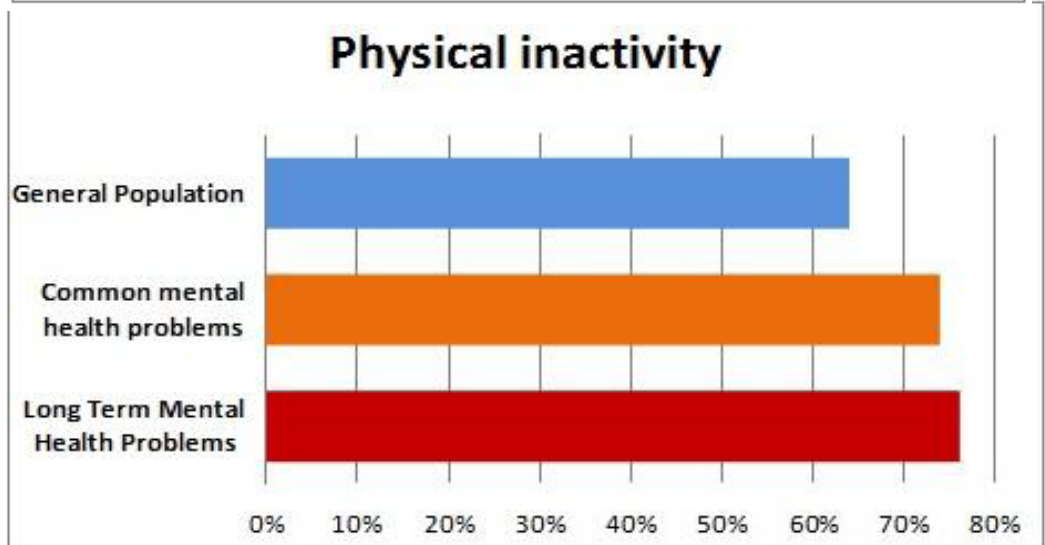
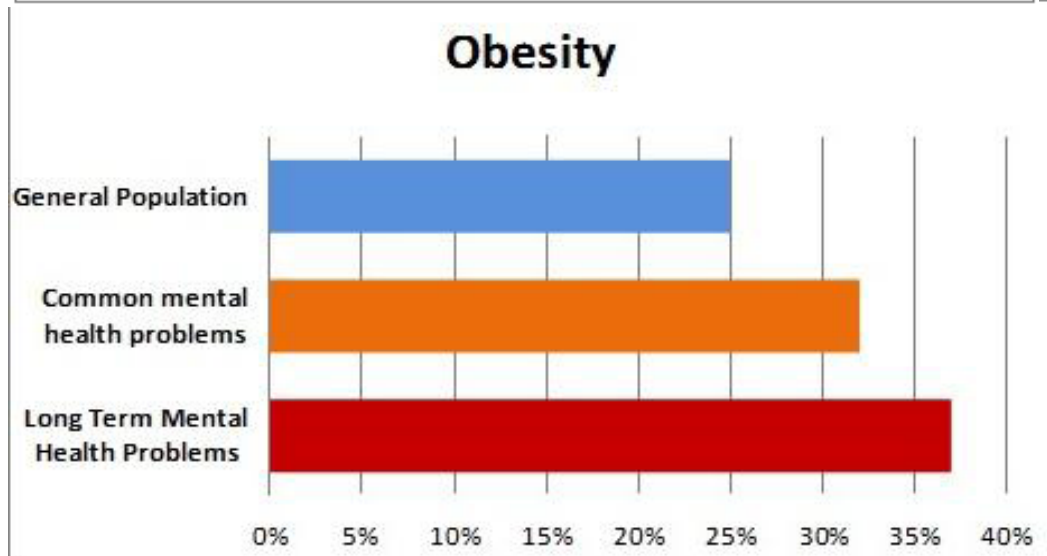
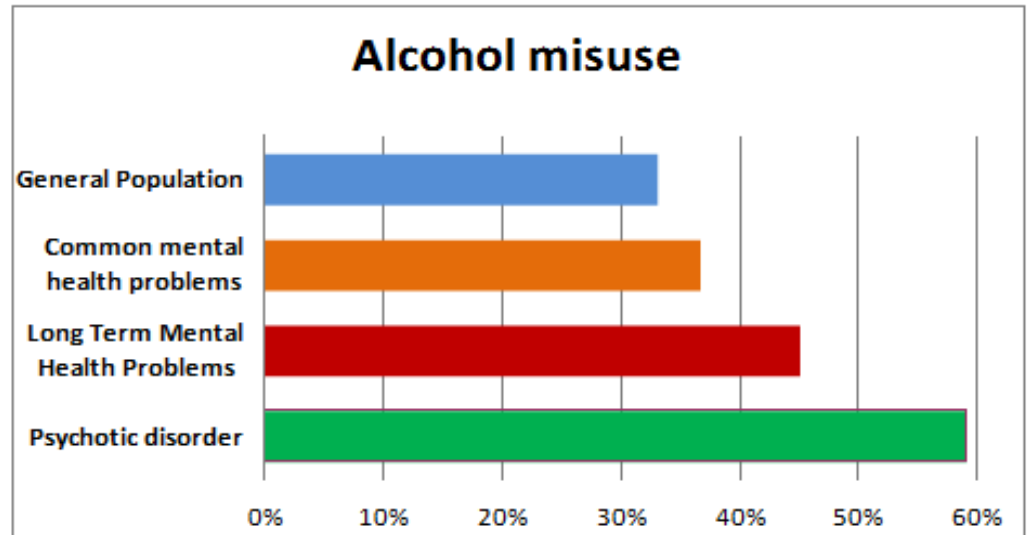
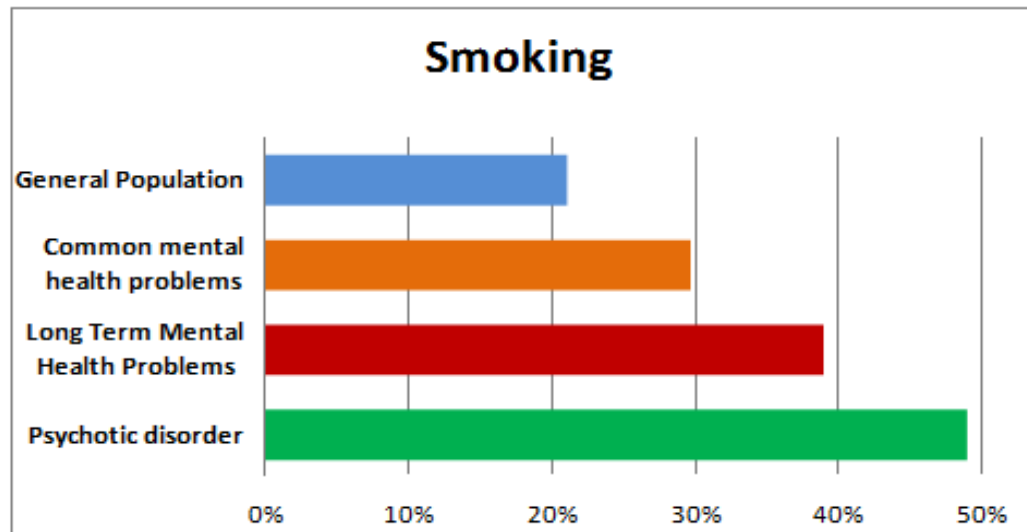


Mental Health and criminal justice

- 70% prison population has 2 or more MH disorders
- 15-17 year olds in custody has 18 fold increased risk of suicide
- 50% of custodial deaths have prior MH history
- Prisoners have 20 fold increased risk of Psychosis
- Prisoners have 130 fold increased risk of antisocial personality disorders

The prevalence of modifiable risk factors and mental health problems

(Source: DOH 2014 Living Well For Longer)



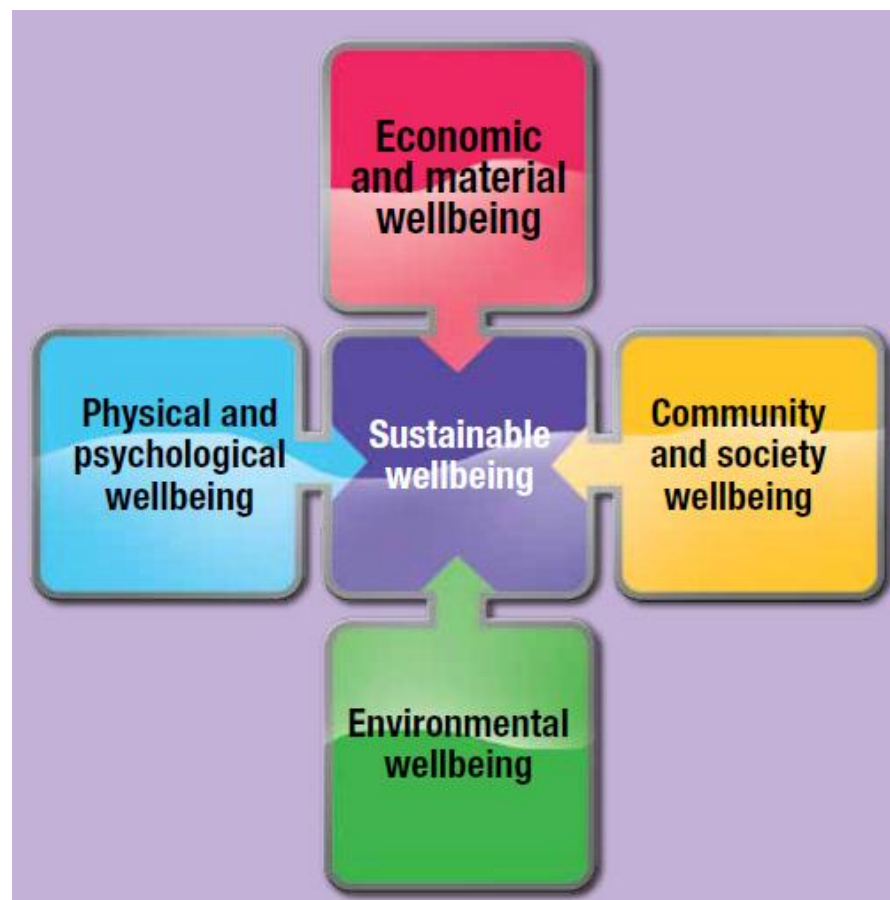
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A model of sustainable wellbeing



(Source: Lles Cymru Wellbeing Wales, 2012)

Improving Mental Health & Wellbeing

- Tackling the Social Determinants of Health
 - Housing
 - Poverty
 - Unemployment and low pay
- Life phases:
 - Early years development
 - Schooling
 - On-going Education and Training

Transforming Health Improvement in Wales

Working together to build a healthier, happier future



ENTER ►



Transforming Health Improvement

- Deliver transformational change to the way health improvement action is planned and delivered for the population of Wales.
- Ensure that opportunities to increase focus, capacity and resources to improve population health and reduce inequalities in Wales are maximised.
- Work to mainstream and embed Health Improvement activity across all sectors where to ensure sustainable prevention and early intervention is the norm.

Transforming Health Improvement

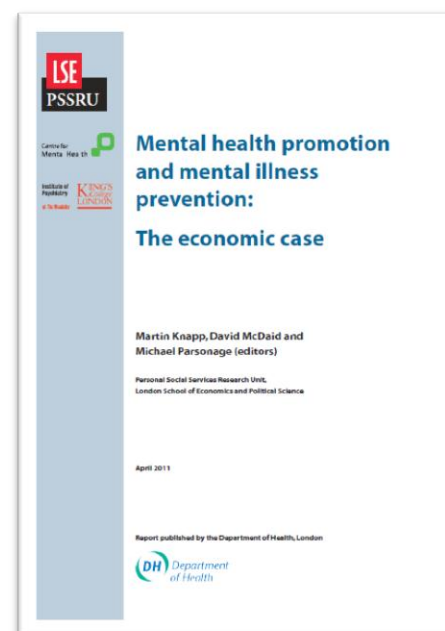
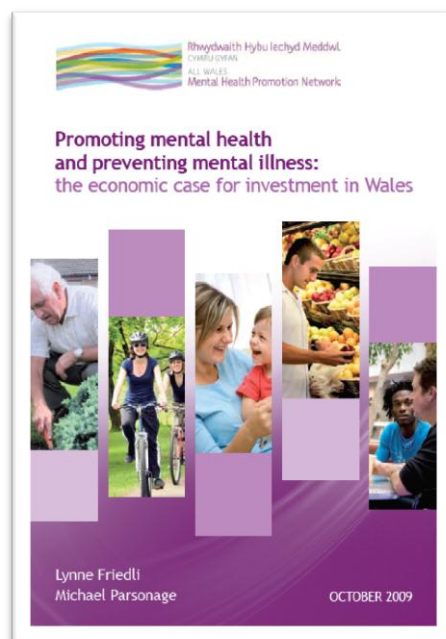
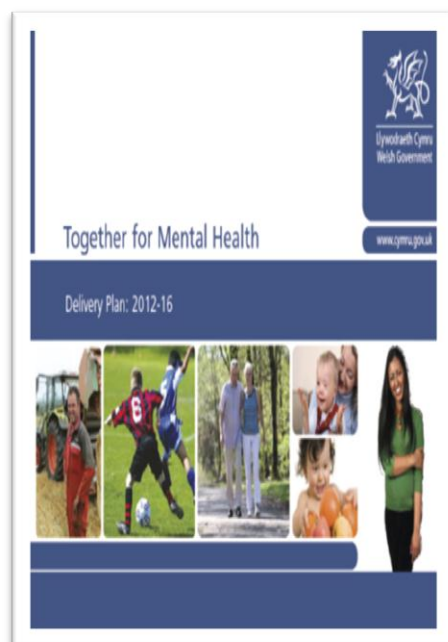
➤ Topic based ***Expert Advisory Groups***

- Obesity, Diet and Nutrition
- Tobacco Control
- Alcohol and Substance Misuse
- Physical Activity
- Mental Health

➤ Life course based ***Collaboratives***

- Children & Young People,
- Working Age Adults,
- Older People

There is no health without Mental Health



Mental Health Today

'Childhood deprivation, the stress of poverty, overcrowding, living in a rundown area, feeling powerless at work and being unemployed do not give people the control over their lives that foster good health and enables them to succeed in making changes in behaviour

Marmot

Diolch yn fawr
Thank you