



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Stockport 
Primary Care Trust

Stockport JSNA

joint strategic needs assessment

JSNA Digest – Mental Wellbeing

December 2007



JSNA – Digest for Mental Wellbeing

Complete mental wellbeing is both the absence of mental illness and the presence of positive mental health and wellbeing. The positive aspect of mental health encompasses how we think feel and relate giving people the resources to cope with life and the confidence to make the most of any opportunities offered. Wellbeing can be encapsulated by the phrase ‘feeling good and doing well’.

There is strong evidence that social support is an independent factor for heart disease and may also be protective in diabetes and depression. Social relationships (or lack of) constitute a major risk for health alongside the established risk factors of smoking, high blood pressure blood lipid and obesity (VicHealth 1999). A sense of control (in work and life generally) is predictive of coronary heart disease and other outcomes (Wilkinson and Marmot 1998, 1999)

Having positive mental health or wellbeing benefits physical health by improving protection from heart disease, reducing stroke incidence (and promoting survival), minimising harmful health behaviours such as smoking and drug taking and enhancing overall life time mortality rates and life expectancy.

The risk factors for suffering mental ill health include material and relative deprivation, low educational attainment, unemployment, environment: poor housing, poor resources, violence and crime, adverse life events and poor social networks; improving mental health and wellbeing can make a contribution to reducing health inequalities.

There is a lack of systematic information regarding mental wellbeing in Stockport, however data regarding clinically diagnosed mental health problems has also been analysed. This excludes analysis of severe mental health conditions and instead focuses on the more common conditions such as mild to moderate depression and anxiety, as these are the problems that services seeking to promote mental wellbeing aim to prevent in the first instance.

Mental Wellbeing in the Population

The Stockport Lifestyle survey was the first comprehensive attempt at measuring mental wellbeing in the area. Using five internationally validated questions wellbeing was assessed for each respondent, and a higher score indicated better mental wellbeing. Almost two-thirds of respondents to the survey had scores that fell in the range of ‘good’ wellbeing, however for both males and females the **average score for the Stockport respondents was lower than those found in national surveys** (i.e. they reported experiencing poorer mental wellbeing), with the exception of the 64-75 year olds who enjoyed better mental wellbeing than average for that age group.

Mental wellbeing improved in all areas with age, with the lowest scores being in the 18-24 age group and the highest in the 65+ age group. For all ages almost two-thirds of respondents to the survey had scores that fell in the range of ‘good’ wellbeing, however for young adults this proportion dropped to just over 50% and for every locality the average score was below the cut-off of 72.

| 2006 ADULT LIFESTYLE SURVEY – RESIDENT IN: | | | | | |
|--|--------------------|-----------------------|------------------|--------------------------|-----------|
| Average MHI5 score (this is a validated mental wellbeing indicator, scale of 0 - 100, higher scores are better) | Bramhall & Cheadle | Heatons & Tame Valley | Marple & Werneth | Stepping Hill & Victoria | Stockport |
| AGED 18 + | | | | | |
| Average Score | 74.8 | 71.8 | 74.2 | 72.6 | 73.3 |
| % with low well-being score | 32.0% | 37.7% | 32.8% | 37.7% | 35.2% |
| % with high well-being score | 68.0% | 62.3% | 67.2% | 62.3% | 64.8% |
| Sample Size | 2,274 | 1,689 | 1,490 | 2,251 | 8,038 |
| AGED 18 – 24 | | | | | |
| Average MHI5 Score | 71.1 | 70.3 | 66.0 | 68.8 | 69.0 |
| % with low well-being score | 38.0% | 44.2% | 50.0% | 47.9% | 45.6% |
| % with high well-being score | 62.0% | 55.8% | 50.0% | 52.1% | 54.4% |
| Sample Size | 100 | 104 | 68 | 142 | 432 |
| AGED 25 – 64 | | | | | |
| Average MHI5 Score | 73.3 | 70.9 | 73.3 | 71.5 | 72.1 |
| % with low well-being score | 35.1% | 39.1% | 34.3% | 40.0% | 37.5% |
| % with high well-being score | 64.9% | 60.9% | 65.7% | 60.0% | 62.5% |
| Sample Size | 1,497 | 1,177 | 980 | 1,548 | 5,429 |
| AGED 65 + | | | | | |
| Average MHI5 Score | 78.7 | 74.9 | 77.3 | 76.9 | 77.1 |
| % with low well-being score | 24.1% | 31.9% | 26.6% | 28.4% | 27.3% |
| % with high well-being score | 75.9% | 68.1% | 73.4% | 71.6% | 72.7% |
| Sample Size | 668 | 401 | 440 | 549 | 2,144 |

Source: Stockport PCT

There is no gold standard definition for the classification of low / high wellbeing scores, however the consensus in the literature that a score of 72 and higher represents good mental wellbeing.

Similarly both the average mental wellbeing score and the proportion of respondents with high scores increased (i.e. **better mental wellbeing**) with affluence, with rates being highest in Bramhall & Cheadle and lowest in Heatons & Tame Valley. Patterns relating to deprivation were less clear in the youngest age group where, although both the average mental wellbeing score and the proportion of respondents with high scores were highest in Bramhall & Cheadle the rates were lowest in Marple & Werneth. In the 25-64 age range both Heatons & Tame Valley and Stepping Hill & Victoria the average MHI5 score did not reach the standard for good mental wellbeing of 72. In the 65 + age group however this standard was reached in all areas.

| ESTIMATES OF THE NUMBER OF ADULTS WITHOUT MENTAL WELLBEING | | | |
|--|---------------|---------------|---------------|
| Age Group | 2006 Estimate | 2009 Estimate | 2011 Estimate |
| 18-24 | 10,200 | 10,800 | 10,700 |
| 25-64 | 55,900 | 56,000 | 56,100 |
| 65+ | 13,200 | 13,500 | 13,900 |
| All Ages | 79,300 | 80,300 | 80,700 |

Source: Stockport PCT

Extrapolating the findings of the survey to the whole population of Stockport gives an estimate of **79,300 adults aged 18+** who do not have mental wellbeing, a number that if

the population changes as expected could **rise by 1,500 over the next five years**. Half of this increase would be in people aged 65+, who despite having the best mental wellbeing are projected to increase in number the most and more than a third would be in the young adult population.

Services to promote health and wellbeing

A number of services to promote health and wellbeing exist in the borough; including the wellbeing centre (see below), self-health library loans (12,011 loans were taken in 2006/07) and a range of services offered by voluntary sector organisations such as Stockport MIND around confidence building, improving self image, improving self-esteem and anger management.

The Wellbeing Centre in Stockport promotes health, happiness and wellbeing for local people. In the eleven months since the centre officially opened there were 8,300 visits by Stockport residents. A survey of about 100 visitors carried out in June 2007 showed that most people attend at least once a week, with 94% of respondents stating that the activities and information offered by the centre made "some" or "a big" difference to their wellbeing. The centre's ethos is to be very informal and anyone is welcome to attend the wide range of activities on offer, including crafts, relaxation techniques and fitness. The survey identified information services (e.g. internet, library), music events and opportunities to meet other people (coffee / tea mornings and meetings) as amongst the most popular.

Data relating to mental health problems

National estimates predict that between 1 in 4 adults will suffer mental distress at some point in their lives and 1 in 6 will present to health services with these problems, extrapolating to Stockport's 18+ population gives an estimate of **54,900 adults suffering mental health problems and 36,600 presenting to services**. Mild anxiety and depression are the most common forms of mental ill-health with around **10% of the adult population experiencing depression** at any one time, in Stockport equating to 22,000 adults in 2006, and by 2011 this figures could have risen to **22,400**.

Local evidence shows that in 2006/07 **23,600** people of all ages at Stockport GP practices were diagnosed with **depression**, equating to 9.8% of the population. Trends again follow patterns of deprivation with rate being highest in Heaton & Tame Valley.

Current national evidence also suggests that between 10% and 15% of the 65+ population have **depression**, in Stockport equating to between 4,800 and 7,200 people, and that between 3% and 5% people aged 65+ have **severe depression**, again in Stockport equating to between 1,450 and 2,400 people. **By 2011 these estimated ranges increase to between 5,100 and 7,600 people with depression and between 1,530 and 2,550 people with severe depression.**

Services for mental health problems

A range of services exist to help patients with mild to moderate common mental health problems including:

- Exercise on prescription (178 patients attended due to depression in 2006/07)
- Arts on prescription (43 people accessed in 2006/07)
- Primary care based counselling (8WTE) (1,487 patients were triaged in 2006/07)

- Primary care graduate mental health worker services (5WTE) (397 patients were triaged in 2006/07)
- Primary care cognitive behaviour therapy services (1.8WTE) (175 patients were triaged in 2006/07)
- Beacon Counselling and other voluntary sector services.

Summary

- Although the majority of people have positive mental wellbeing there is a significant minority of people whose mental wellbeing status cannot be described as good.
- Mental wellbeing follows patterns of known deprivation and service should particularly target in these areas.
- Fewer young adults have positive mental wellbeing compared to the older adult population; services should therefore particularly target this age group.
- Depression, as the mental health condition with the highest prevalence affects more than 20,000 people in Stockport at any one time.