

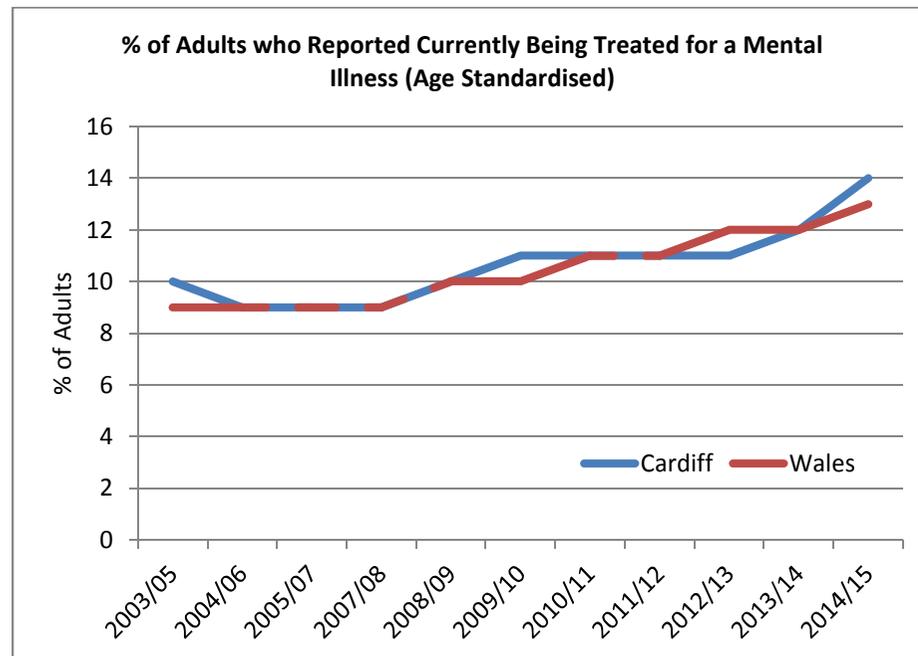
# Programme Intelligence Report

## Emotional, Mental Health & Well Being (Updated 30<sup>th</sup> August 2016)

### Workstream: Emotional & Mental Health

#### Adult Mental Health

Around one-in-seven (14%) of Cardiff's adults reported being treated for a mental illness in the 2014 and 2015 Welsh Health Survey<sup>1</sup>. This exceeded the figure for Wales (13%), and represented a deterioration from the previous survey when the proportion for both areas was 12%.



Source: Welsh Health Survey, Welsh Government

<sup>1</sup> This is the age standardised proportion which allows comparisons with other areas. The observed figure was 13%.

In fact, the Cardiff and Wales rates have been very similar since the 2003/05 survey; only differing on four occasions, with 2012/13 being the sole time that Cardiff had been below the national average.

The Welsh Health Survey adult questionnaire included a standard set of 36 health status questions known as SF-36 (version 2). SF-36 questions asked respondents about their own perception of their physical and mental health and the impact it has on their daily lives.

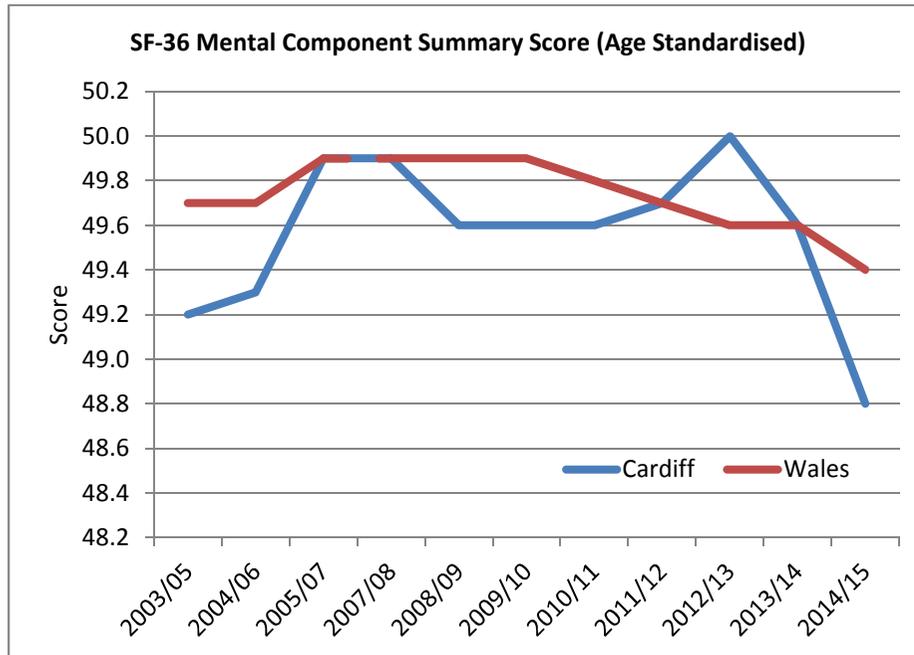
The SF-36 questions include a question asking respondents to rate their own general health on a five-point scale ranging from excellent to poor.

Responses to the SF-36 questions can be combined to produce eight scores for the following aspects of health and well-being:

- physical functioning
- role-physical
- bodily pain
- general health
- vitality
- social functioning
- role-emotional
- mental health.

The eight components can be combined to produce two summary measures of physical and mental health – the Physical Component Summary and Mental Component Summary with higher scores indicating better health.

In the 2014 and 2015 Welsh Health Survey the age standardised Mental Component Summary score for Cardiff was 48.8<sup>2</sup>; down from 49.6 for the previous survey. This was below the figure for Wales (49.4), with Cardiff also predominantly having the lower of the two scores since the 2003/05 survey.

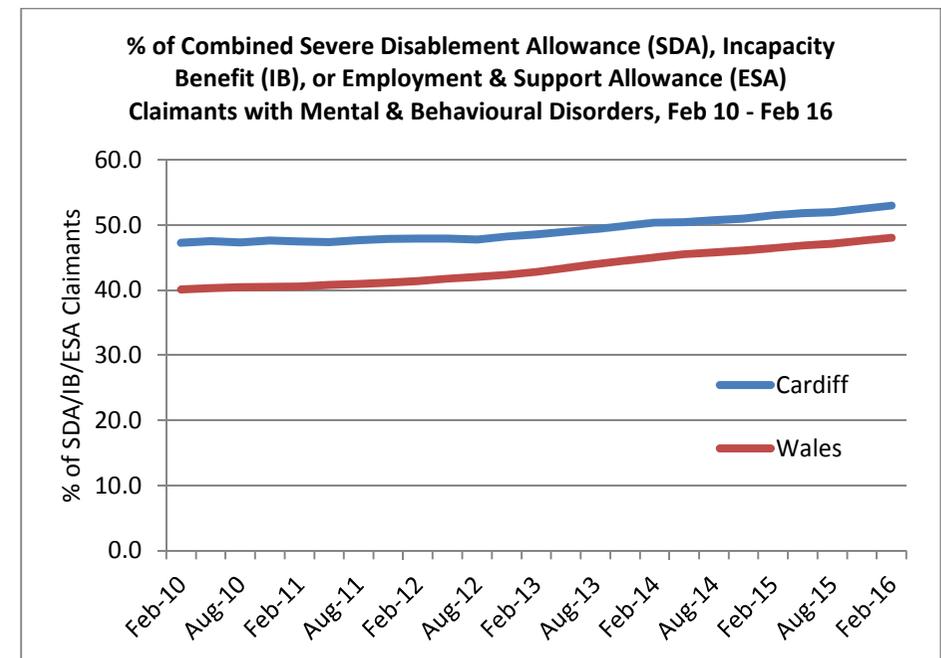


Source: Welsh Health Survey, Welsh Government

A breakdown of the Mental Component Summary score by age group is available from the combined 2009 to 2012 Welsh Health Surveys. The scores for Cardiff were 49.7 for those aged 16-44, 49.0 for those aged 45-64 and 50.8 for those aged 65+. The comparative scores for Wales were 49.7, 49.4 and 50.8 respectively.

<sup>2</sup> Observed score was 48.5.

At the end of February 2016 there were 9,000<sup>3</sup> people in Cardiff claiming Severe Disablement Allowance (SDA), Incapacity Benefit (IB), or Employment & Support Allowance (ESA) because of mental and behavioural disorders. This represented over half (53.0%) of the total SDA/IB/ESA claimants; up from 51.5% at the same time in the previous year. The Cardiff proportion has consistently exceeded the figure for the whole of Wales, which stood at 48.1% at the end of February 2016.



Source: DWP, Nomis/ Cardiff Research Centre

Within Cardiff the proportion of people claiming SDA/IB/ESA for mental health reasons at the end of February 2016 varied

<sup>3</sup> This figure has been calculated by adding those claiming SDA/IB and those claiming ESA, both of which had been rounded to the nearest five. Proportions have been calculated using these combined rounded figures.

from 50% in Cardiff North to 60% in Cardiff South East. The rates for the other neighbourhood partnership areas were fairly similar to the city average – 51% in both Cardiff West and Cardiff East, 52% in City & Cardiff South, and 53% in Cardiff South West.

At the end of February 2016 there were also 130 people in Cardiff claiming Disability Living Allowance after being diagnosed as severely mentally impaired.

Figures from the 2011 Census on communal establishments show that 110 people were living in an NHS mental health hospital/unit (including secure units). In addition, a further 25 people were residing in other mental health hospitals/units (including secure units).

According to Welsh Government's Health Statistics Wales 2015, there were 213 Cardiff residents who were resident patients in hospital with a mental illness at the end of March 2015. This represented a reduction of 10.5% from 238 at 31<sup>st</sup> March 2014 and compared with a 3.0% decrease across Wales as a whole. Of the 213 resident patients, 26.8% were aged 75+, 16.9% were aged 65-74, 25.8% were aged 45-64, 28.6% were aged 25-44, and 1.9% were aged 24 and under.

In the fourth quarter (Jan-Mar) of 2014/15 Cardiff Council helped 242 adults under the age of 65 to live at home with mental health problems<sup>4</sup>. This represented 1.05 people per 1,000 adults aged 18-64 and was up slightly on the same period in the previous year when 238 people (1.04 per 1,000 adults aged 18-64) were being helped.

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<sup>4</sup> Adult Services Performance Indicator FCNI11

Daffodil<sup>5</sup> is a web-based system developed by the Institute of Public Care (IPC) for the Welsh Government that uses information from research and population projections to show potential need for care over the next 20 years for children, adults and older people. It estimates that there were 47,833 people in Cardiff aged 16 and over with a common mental disorder in 2015. This was forecast to rise to by 4.0% to 49,745 people by 2019 and by 24.7% to 59,664 people by 2035.

In addition, in 2015, 1,340 people aged 16 and over were predicted to have a borderline personality disorder; rising to 1,393 in 2019 (+4.0%) and 1,668 in 2035 (+24.5%).

An estimated 1,020 people aged 16 and over had an antisocial personality disorder; increasing to 1,066 in 2019 (+4.5%) and 1,297 in 2035 (+27.2%).

1,189 people aged 16 and over were expected to have psychotic disorder, with this projected to grow to 1,236 in 2019 (+4.0%) and 1,482 in 2035 (+24.6%).

21,313 people aged 16 and over were predicted to have two or more psychiatric disorders; reaching 22,187 in 2019 (+4.1%) and 26,683 in 2035 (+25.2%).

Daffodil also estimated that the total population aged 30-64 in Cardiff with early onset dementia would grow from 79 in 2015 to 83 in 2019 and 92 in 2035; increases of 5.1% and 16.5% respectively.

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<sup>5</sup> [www.daffodilcymru.org.uk](http://www.daffodilcymru.org.uk)

In terms of those aged 65+ with dementia, this is forecast to increase from 3,598 people in 2015 to 3,867 in 2019 (+7.5%) and to 6,012 in 2035 (+67.1%).

## **Children & Young People**

The Health Behaviour in School-aged Children survey 2013/14 asked respondents aged 11 to 16 to rate their life satisfaction on a scale of 0 (lowest) to 10 (highest). In the Cardiff and Vale Local Health Board (LHB) 82% of respondents<sup>6</sup> rated their quality of life as six or higher, just below the Welsh average of 83%. However, boys were more likely to be satisfied with their life with 86% in the Cardiff and Vale LHB scoring six or higher, compared to 79% of girls. The comparative proportions for the whole of Wales were identical at 86% for boys and 79% for girls.

The Welsh Government's Children in Need Census collects information on all children in need and their parents. Children in need are defined as those that receive social services from their local authorities, including those looked after by local authorities, and who had an open case for at least 3 months at the census date of 31<sup>st</sup> March 2015. Figures from the 2015 Census showed that 220 (10%) of the 2,125 children in need<sup>7</sup> in Cardiff had mental health problems. This was up from the 6% recorded in 2014 and exceeded the Wales figure of 8%.

Information is also collected on the mental health of the parents. The 2015 Census indicated that 19% of the children in need in Cardiff had parents with mental health problems. This was unchanged from the previous year and was below the Welsh average of 25%.

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<sup>6</sup> Aged 11 to 16 and surveyed between November 2013 and March 2014.

<sup>7</sup> Excluding unborn children

According to Daffodil, in 2015 there were an estimated 3,938 children aged 5-15 in Cardiff with any mental health problem. This was forecast to increase by 11.7% to 4,397 in 2019 and by 35.5% to 5,337 in 2035.