

Meeting of:	Date	Agenda item	Ward(s)
Health and Wellbeing Board	15 April 2015	Item B3	All

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**SUBJECT: Camden and Islington Annual Public Health Report – Healthy Minds, Healthy Lives: Widening the focus on mental health**

## 1. Synopsis

- 1.1 It is a statutory requirement as set out in section 73B(5) of the National Health Service Act 2006, that the Director of Public Health provides an independent annual report of the health and wellbeing of the population in their area. This year's Annual Public Health Report focuses on mental health and wellbeing, which is one of the most significant health and health inequalities issues faced by the borough. The recent community health survey carried out by Public Health found that mental health was the top health condition of concern to local residents.
- 1.2 The report finds that there are very high levels of need in Islington compared to national averages, in terms of the estimated and diagnosed prevalence of mental health conditions in children and young people and of depression and anxiety and psychotic conditions in adults. There are relatively fewer people with dementia currently, due to the smaller older population in the borough. There is generally a strong link between higher levels of mental health conditions and lower mental wellbeing with deprivation and disadvantage. The report describes the protective and risk factors for mental health and wellbeing through life, identifying particular importance in early life and transition from youth to early adulthood, as well as factors such as employment, physical health and housing in adults and social isolation and physical health in older people.
- 1.3 The report makes a number of recommendations to help improve outcomes and reduce inequalities, focusing on children and young people, employment and the economy, the role of mental health in community resilience and improving health and life expectancy.

## 2. Recommendations

- 2.1 The Health and Wellbeing Board is asked to:
- **Note** the content of the report.
  - **Consider** the recommendations and issues raised within the report.

- **Advise** how to use the report to improve population mental health in Islington.

### 3. Background

- 3.1 Mental health conditions have significant impacts on the health, social and economic wellbeing of the local community. They are an important source of health inequalities and social exclusion. The estimated economic cost of mental health conditions in the borough is around £550 million a year. The local NHS is the highest direct investor in mental health in the country, but this accounts for only a minority of the local costs which affect public, voluntary and community and private sector organisations, as well as individuals and families.
- 3.2 Taking a population approach to mental health and wellbeing, the report estimates that the prevalence of mental health conditions are likely to be substantially higher in the local population than national averages for a variety of reasons, particularly associated with disadvantage and deprivation and the extent of inequalities in the borough between rich and poor. Rates of mental health conditions are generally highest in the most disadvantaged and vulnerable groups among children and young people and adults of working age, including some BME communities, but the prevalence of mental health conditions are relatively high across almost all parts of the community.
- 3.3 The report describes how protective and risk factors for mental health and wellbeing play out across the life course. It particularly emphasises the importance of experiences through pregnancy and early life and the period of 'psychological adolescence' from the teenage years through to the mid-twenties for lifelong mental health outcomes. However, there are other important actions in adulthood and old age which can promote or worsen mental health outcomes. Throughout life, there are complex associations with physical health, the places we live and work, and our economic and social circumstances.
- 3.4 The report highlights local service innovations which are promoting access to earlier and more effective help, treatment and support or promoting recovery in people with established mental health conditions. There are many strong and innovative services locally. In comparison with national averages, higher proportions of most conditions have been diagnosed and are seen for support and treatment, however it remains the case that a substantial proportion of conditions remain undiagnosed.
- 3.5 The report includes a chapter on preventing suicide. Whilst reduced over the last decade, suicide remains an important cause of preventable deaths particularly among young and middle-aged men and in people with long term, severe mental health conditions.
- 3.6 The report's recommendations are organised under four main headings:
- i. the best start in life – covering pregnancy through to the mid-twenties, highlighting the importance of pregnancy and the early years and access to preventive and treatment interventions
  - ii. addressing the current economic conditions – through greater focus on increasing employment among people with long term severe mental health conditions, workplace policies and addressing the impacts of low incomes
  - iii. improving mental health resilience in the community – addressing stigma and discrimination, including specific actions with some BME communities, and increasing the ability of communities and generic services to recognise and respond to mental health conditions and distress
  - iv. improving health and life expectancy – by addressing physical and mental health conditions more holistically and further action to reduce the risks of suicide
- Full recommendations can be found in the final section of the report.
- 3.7 Camden and Islington Public Health will use the findings and recommendations in this report as a basis for taking forward its work on mental health. This will be done in collaboration through the Health and Wellbeing Board working with other departments within the Council, the local NHS, voluntary and community sector, service user representatives and other partners.

## **4. Implications**

### **4.1 Financial implications:**

None at this stage.

Any financial implications arising need to be considered and agreed by the relevant Council departments and any other partners.

Any plans or strategies derived or agreed in relation to this report should use existing available resources and therefore not create a budget pressure for the Council.

### **4.2 Legal Implications:**

Local authorities' responsibilities for public health services are set out in the Health and Social Care Act 2012 ('2012 Act'). The 2012 Act gives responsibility for health protection to the Secretary of State and health improvement to upper tier and unitary authorities. The Act conferred new duties on local authorities to improve public health by inserting a number of amendments into the National Health Service Act 2006 ("the 2006 Act").

Section 12 of the 2012 Act inserted a new section 2B into the 2006 Act which sets out the duty on each local authority to take such steps as it considers appropriate to improve the health of local people in its area. These steps include providing information and advice, providing facilities for the prevention or treatment of illness, providing financial incentives to encourage individuals to adopt healthier lifestyles, and providing assistance to help individuals minimise risks to health arising from their accommodation or environment.

Section 30 of the 2012 Act inserted a new section 73A into the 2006 Act, subsection (1) of which provides that each local authority must, acting jointly with the Secretary of State, appoint a director of public health who is to be an officer of the local authority and whose role is integral to the duties in respect of health improvement and health protection.

Section 31 of the 2012 Act which inserted a new section 73B into the 2006 Act contains provisions concerning the exercise of public health functions by local authorities. Section 73(B)(5) of the 2006 Act requires the director of public health for a local authority to prepare an annual report on the health of the people in the area of the local authority and section 73B(6) provides that the local authority must publish the report. The purpose of the annual reports is to enable directors of public health to account for their activity and to chart progress over time.

### **4.3 Environmental Implications:**

None.

### **4.4 Equality Impact Assessment:**

The report highlights key inequalities associated with mental health conditions.

## **5. Conclusion and reasons for recommendations**

- 5.1 The Health and Wellbeing Board is asked to note the content of the report, discuss the recommendations, and consider how to take them forward locally.

### **Appendices:**

Annual Public Health Report 2015 – Executive Summary

*The Title Page and Executive Summary are published online for this meeting.  
The full report is provided to Board members, but will not be published online until it is finalised.  
All papers are drafts, especially the recommendations, which are provided to members as a separate document to the main report.*

**Background papers:**

None.

**Signed by:**

A handwritten signature in black ink, appearing to read 'Julie Billett', written in a cursive style.

Julie Billett  
Director, Public Health

Date: 02/04/15