

## County Council Committee

<b>Report Title:</b>	Suffolk Minds Matter Annual Public Health Report 2016
<b>Meeting Date:</b>	8 December 2016
<b>Lead Councillor(s):</b>	Tony Goldson, Cabinet Member for Health
<b>Local Councillor(s):</b>	All Councillors
<b>Director:</b>	Abdul Razaq, Director of Public Health
<b>Assistant Director or Head of Service:</b>	Anna Crispe, Head of Knowledge & Intelligence, Public Health
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### Brief summary of report

1. This report describes some of the factors that can affect mental health at different stages of our lives and what we can do at an individual, community and service level in order to:
  - Promote mental health and emotional wellbeing.
  - Prevent mental ill health.
  - Ensure people lead happier, healthier lives for longer.
2. The report cites recommendations on the actions all settings in Suffolk need to take now in order to prevent mental ill health, and how to help people with mental health difficulties remain healthy in the future.

### Action recommended

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| <ol style="list-style-type: none"> <li>3. It is recommended that the Council welcomes the report of the Director for Public Health and takes note of the wealth of information provided, as well as the ambitions and recommendations to improve mental health and emotional wellbeing in Suffolk.</li> </ol> |
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### Reason for recommendation

4. The aim is to promote debate and more importantly, action, to make these ambitions and recommendations a reality for Suffolk.

### Alternative options

5. None

## **Who will be affected by this decision?**

6. The content of this report will have a great impact on the whole population of Suffolk.

## **Main body of report**

7. The focus of the 2015 Annual Public Health Report was physical illness, specifically what could be done to prevent high levels of health and care need as the people of Suffolk grow older. The actions to be taken were not just for health and care services themselves, but for the wider Suffolk system. In last year's report we deliberately focused on physical health even though we are aware of the overlaps between mental ill health and physical ill health – hence the focus on mental health this year.

## **Mental health and emotional wellbeing – a Suffolk priority**

8. Mental ill health can affect anyone at any age. The aim of this report is to paint a picture of mental health in Suffolk, including the number of people living with mental ill health at various life stages, and those who may be at risk of developing mental ill health in the future.
9. The burden of mental ill health is great. However, mental health services often receive less attention, and are frequently separate from services for physical illness. Suffolk is committed to valuing mental health equally with physical health, embodying the NHS England parity of esteem programme. It is important that residents in Suffolk have equal access to effective and safe care.
10. There are many factors that contribute to good mental health and emotional wellbeing, some of which are less modifiable such as gender and ethnicity. Others, such as our lifestyle and behaviours, are modifiable.
11. This report acts as a springboard for the Suffolk mental health promotion plan and Suffolk's five year suicide prevention plan and strategy.

## **Suffolk Minds Matter: Ambitions for mental health in Suffolk**

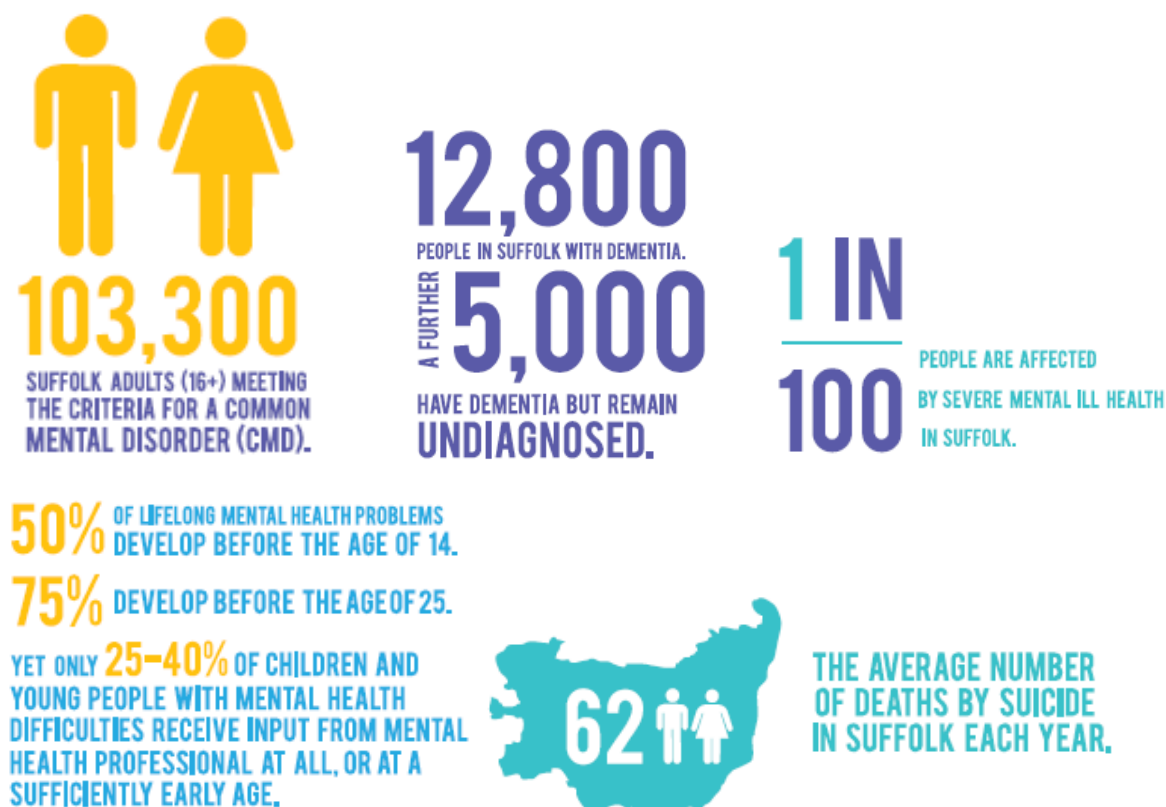
12. Good mental health is a fundamental human right for everyone. Suffolk residents with mental ill health should be able to live the life they want to lead, without stigma or discrimination.
13. Good mental health is essential for good physical health, and vice versa. It is therefore vital that mental health is valued equally alongside physical health in Suffolk (embodying parity of esteem).
14. Good mental health and the wider determinants of health are deeply intertwined. The Suffolk social determinants of health should be conducive to promoting good mental health including our housing, skills, education, jobs and lifestyle.
15. Every Suffolk child should have the best start in life. Their emotional health and wellbeing should be a priority to ensure they grow in a nurturing and nourishing environment.
16. Suffolk residents should be able to age healthily, with good cognitive brain health, enabling them to live longer, more independent lives.

- 17. Suffolk aspires to have the lowest possible suicide rate, an ambition embodied in the Suicide Prevention Strategy for Suffolk. People should receive the timely support and intervention they need to prevent death by suicide. Families should have access to the welfare and bereavement services to be able to cope with their loss.

**Suffolk Minds Matter: The Facts**

- 18. People with mental health conditions experience poor physical health outcomes and higher mortality rates. Conversely, people with long term physical conditions experience high levels of mental ill health, as do informal and family carers supporting people at home.
- 19. People with mental ill health may not feel able to access preventive and general health care as readily as others.
- 20. Employers and staff may not have adequate knowledge, skills, awareness of pathways and provision, or even the equipment, to promote positive mental health and emotional wellbeing.
- 21. All of the above factors contribute to the substantial personal, societal and financial costs of mental ill health which we could potentially reduce.

**Suffolk Minds Matter: Key Stats**



For more infographics, and the evidence behind them please see the full report.

## Conclusion

22. The report has led to the following 5-10 year recommendations to promote good mental health and reduce demand in Suffolk:
- a) To work to promote mental health and to reduce stigma and discrimination.
  - b) Promote emotional wellbeing and resilience in communities throughout Suffolk, by working to address the social determinants of mental health.
  - c) Ensure those with physical health needs have good mental health, and that those with mental illness have equal support to improve their physical health.
  - d) Promote the mental health of women and ensure children have the best start in life.
  - e) Ensure the effective recognition and treatment of depression in older people, especially those at increased risk.
  - f) Work to promote active healthy ageing programmes to delay the onset of dementia at any age.
  - g) Reduce suicide in Suffolk by 10% over the next five years using the 2012-14 data as our baseline.

### Sources of further information

- i) [www.healthysuffolk.org.uk/JSNA](http://www.healthysuffolk.org.uk/JSNA)
- ii) <http://www.healthysuffolk.org.uk/projects/suffolk-lives-matter/>
- iii) <http://www.healthysuffolk.org.uk/joint-strategic-needs-assessment-jsna/reports/reports/annual-public-health-report/>