

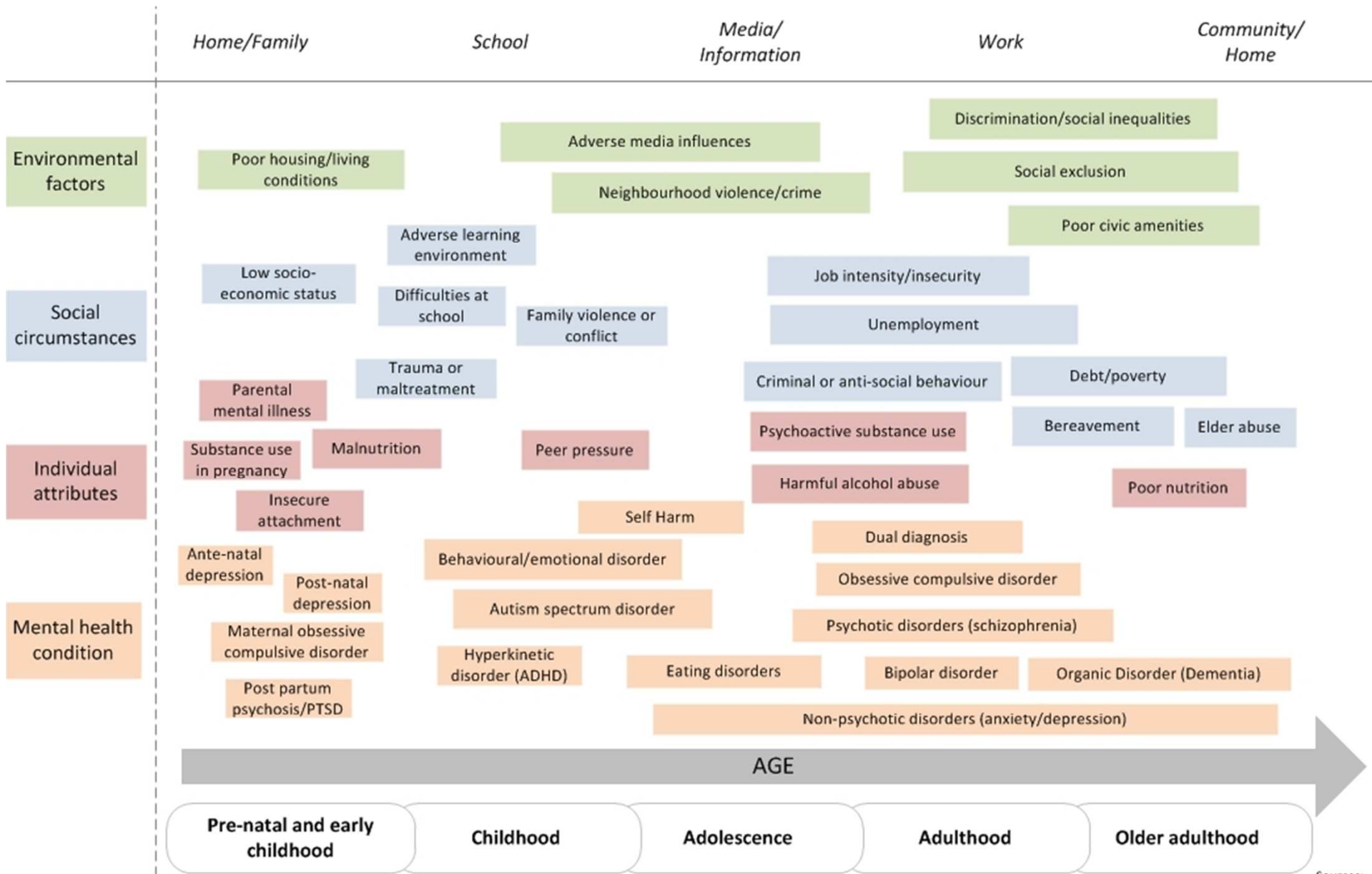
Annual Report of the Director of Public Health on the health of the People of Lincolnshire 2016

Responsibility

- Director of Public Health statutory responsibility.
- In general, statutory responsibilities of the DPH match the corporate public health duties of their local authority.
- The exception is the annual report on the health of the local population, where the DPH has a duty to write a report, whereas the authority's duty is to publish it.
- The content and structure of the report is decided locally.

DPH Annual Report 2016

- Reports on progress against the 2015 DPH Annual Report recommendations.
- Explores social and environmental risk factors associated with mental health
- Describes the impact of mental health on children and young people, adults, families and wider society.
- Provides recommendations to improve the mental health of the people of Lincolnshire.



Sources:

World Health Organisation. Risks to mental health: An overview of vulnerabilities and risk factors, 2012
 Djuretic, T. Mental Health in London, <http://www.birmingham.ac.uk/schools/social-policy/departments/health-services-management-centre/news/2016/06/making-change-happen-for-mental-health.aspx>
 Maternal Mental Health Alliance - http://everyonesbusiness.org.uk/?page_id=6

Scale of the Problem

- It has been estimated that over 3,000 Lincolnshire women per year have mental health problems during pregnancy and after childbirth;
- Over 9% of Lincolnshire's children aged 5 to 16 are estimated to have a diagnosed condition, similar to national rates;
- Over 100,000 adults in Lincolnshire are estimated to have a diagnosed common mental disorder, such as depression or anxiety;
- Every year since 1999 there have been at least 60 deaths from suicide in Lincolnshire

Annual Report Structure

- Chapter 1: Risk factors: What influences our mental health?
- Chapter 2: Perinatal and maternal mental health conditions
- Chapter 3: Childhood and adolescent mental health conditions
- Chapter 4: Adult and older adult mental health conditions
- Chapter 5: Recommendations

Risk Factors

- Clear evidence linking negative experiences throughout childhood and adolescence with a higher risk of mental ill-health.
- In adulthood, the built environment and the circumstances of our lives can influence our mental and our physical health.
- These risk factors are not always evenly distributed throughout the population.
- Specifically, we know that many of these risk factors can affect those in the most deprived groups.

Perinatal and maternal mental health

- Estimated that between 10% and 20% of women are affected by mental health problems at some point during pregnancy or the first year after childbirth
- Women who lack social support have been found to be at increased risk of antenatal and postnatal depression. Having a poor relationship with a partner is also a risk factor for postnatal depression
- Pregnancy in under-18 year olds is linked to poorer health and social outcomes for both the mother and child, however rates in Lincolnshire are falling and are comparable to national averages

Childhood and adolescent mental health

- One in ten children and young people (10%) aged 5–16 have a clinically diagnosed mental disorder
- Emergency department presentations due to self-harm by those aged 17 and under have risen by 30% since 2003-04
- Societal influences and risks to mental health resilience and wellbeing are changing for children and young people.
- Certain groups have a higher risk of mental ill health such as looked after children

Adult and older adult mental health

- At any one time about 104,000 adults in Lincolnshire are living with a common mental disorder (CMD), which is roughly 17% of the population aged over 16
- CMD's include depression, anxiety, phobias, panic disorders and obsessive-compulsive disorders
- CMD is higher in younger age groups but is at its highest in people aged between 45 and 54, at 19.9%
- Lincolnshire has a wide range of mental health services including primary care, therapeutic and preventative interventions, and acute and specialist care for those with more severe conditions

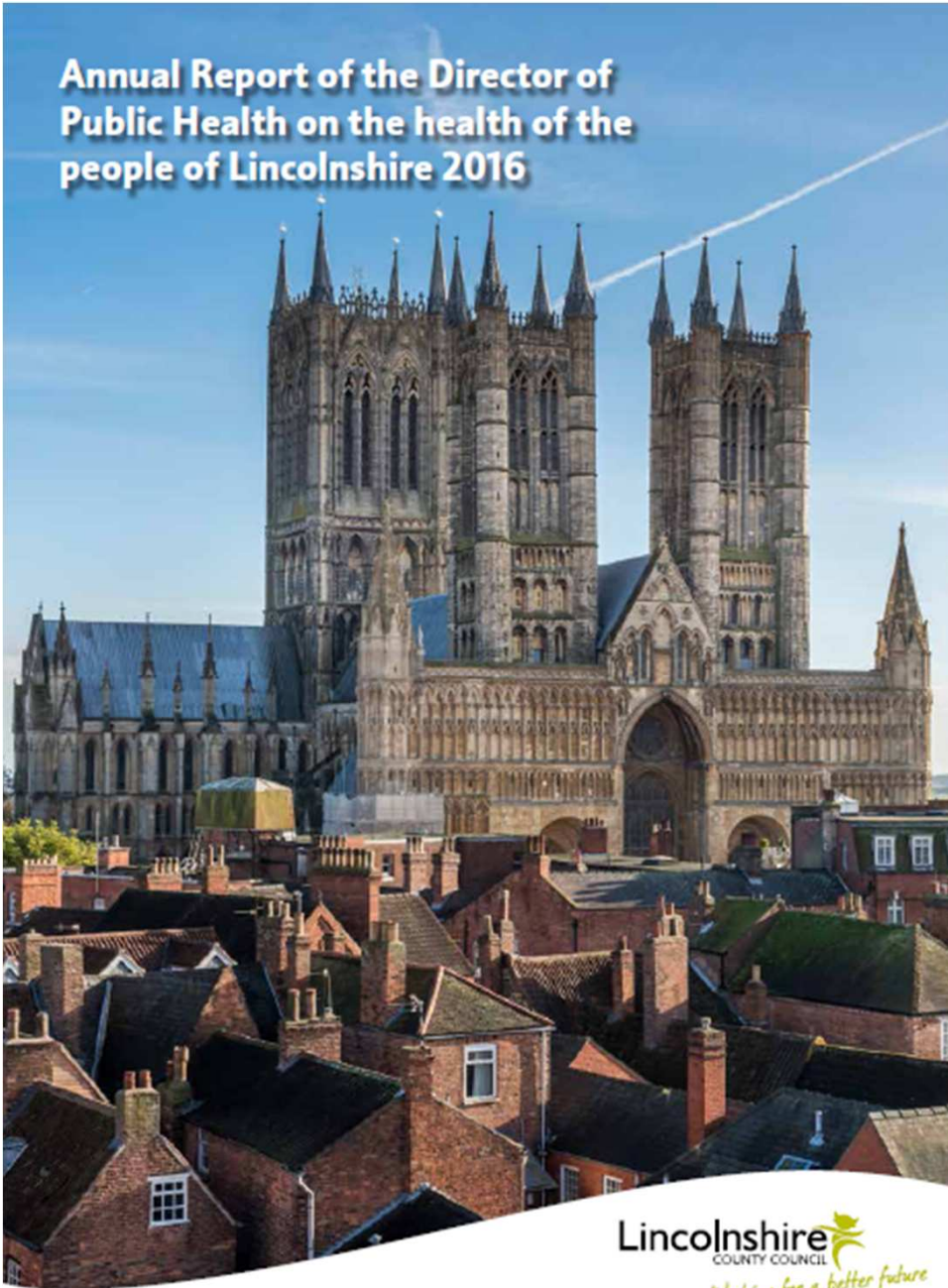
Recommendations

Seventeen recommendations are provided in the report, grouped into four key focus areas:

- Risk factors: What influences our mental health?
- Perinatal and maternal mental health conditions
- Childhood and adolescent mental health conditions
- Adult & Older Adult Mental Health Conditions

A number of organisations have a role to play in delivering these recommendations, including the local authority, district councils, CCGs, health and social care providers, the community and voluntary sector and the general population.

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people of Lincolnshire 2016**



- Available from March 2017.
- Available electronically through the county council website and through the Lincolnshire Research Observatory website.
- Data and further information to support the report is also available in the Mental Illness Health Needs Assessment

www.Research-Lincs.org.uk