

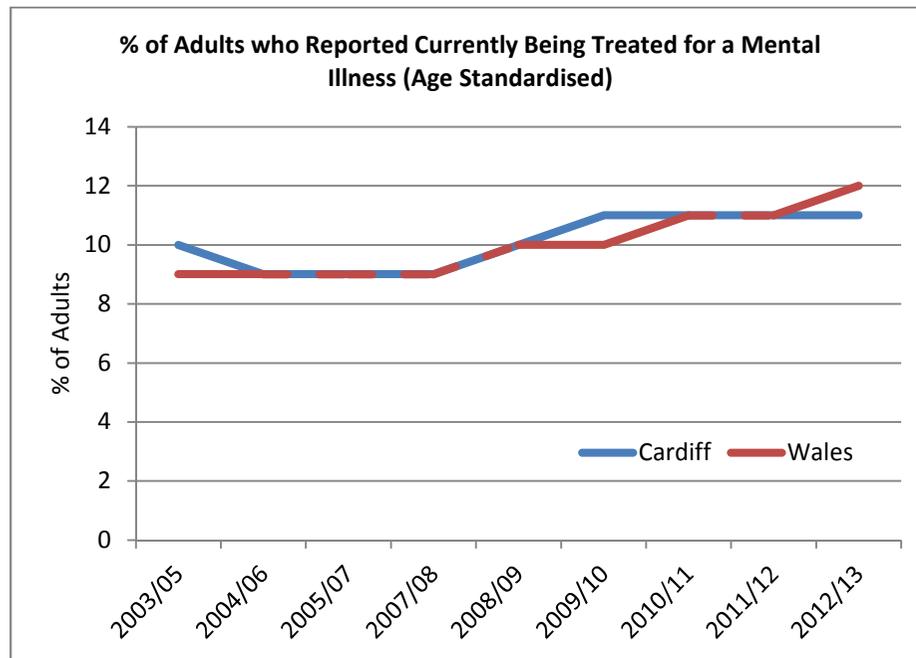
# Programme Intelligence Report

## Emotional, Mental Health & Well Being (Updated 2<sup>nd</sup> September 2015)

### Workstream: Emotional & Mental Health

#### Adult Mental Health

Just over a tenth (11%) of Cardiff's adults reported being treated for a mental illness in the 2012 and 2013 Welsh Health Survey<sup>1</sup>. This was below the equivalent figure for Wales (12%), after matching it in the previous two surveys.



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 10%.

In fact, the Cardiff and Wales rates have been very similar since the 2003/05 survey, only differing on three occasions, although this was the first time the proportion for Cardiff had dropped 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.

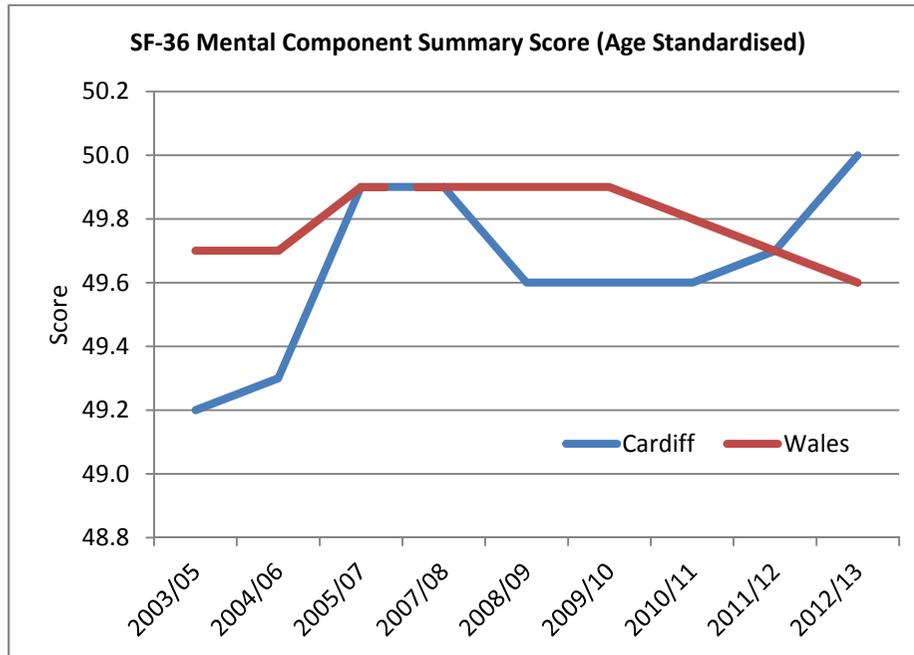
The SF-36 questions include a question asking respondents to rate their own general health on a five-point scale ranging from excellent to poor.

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 2012 and 2013 Welsh Health Survey the age standardised Mental Component Summary score for Cardiff was 50.0<sup>2</sup>; up from 49.7 for the previous survey. This exceeded the figure for Wales, which, in contrast, had fallen from 49.7 to 49.6, although Cardiff had predominantly had the lower of the two scores since the 2003/05 survey.

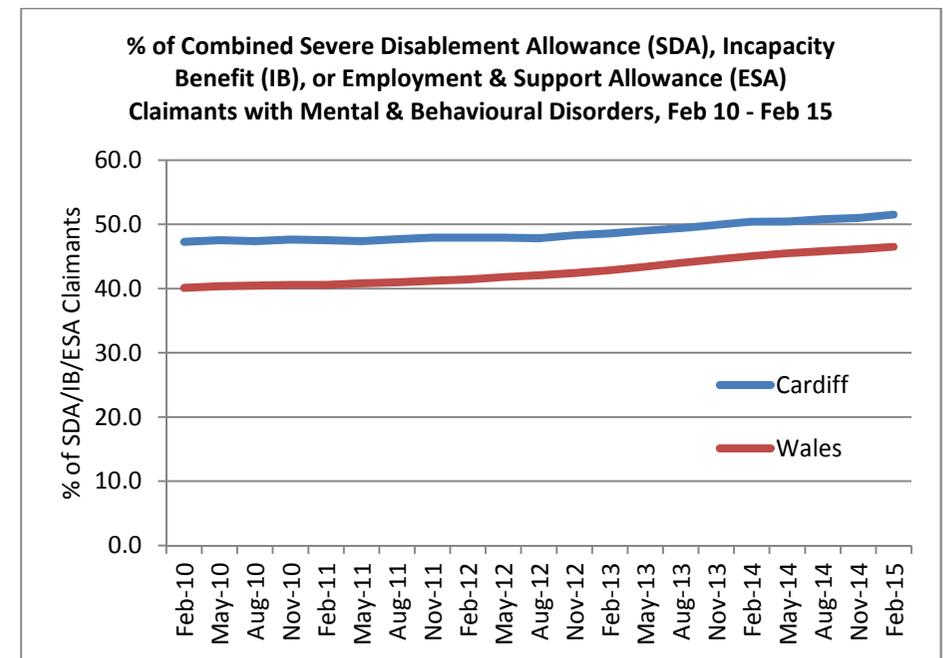


Source: Welsh Health Survey, Welsh Government

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 49.7.

At the end of February 2015 there were 8,820<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 (51.5%) of the total SDA/IB/ESA claimants; up from 50.4% at the same time in the previous year. The Cardiff proportion has consistently exceeded the figure for the whole of Wales, which stood at 46.5% at the end of February 2015.



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 2015 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 47% in Cardiff North to 57% in Cardiff South East. The rates for the other neighbourhood partnership areas were fairly similar to the city average; 49% in City & Cardiff South and Cardiff West, 51% in Cardiff East and 52% in Cardiff South West.

At the end of February 2015 there were also 140 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 2014, there were 238 Cardiff residents who were resident patients in hospital with a mental illness at the end of March 2014. This represented a reduction of 11.9% from 270 at 31<sup>st</sup> March 2012 and compared with a 9.6% decrease across Wales as a whole. Of the 238 resident patients, 29.4% were aged 75+, 16.0% were aged 65-74, 21.8% were aged 45-64, 29.4% were aged 25-44, and 3.4% 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 46,791 people in Cardiff aged 16 and over with a common mental disorder in 2013. This was forecast to rise to by 4.3% to 48,799 people by 2017 and by 20.4% to 56,340 people by 2030.

In addition, in 2013, 1,311 people aged 16 and over were predicted to have a borderline personality disorder; rising to 1,367 in 2017 (+4.3%) and 1,575 in 2030 (+20.1%).

An estimated 996 people aged 16 and over had an antisocial personality disorder; increasing to 1,044 in 2017 (+4.8%) and 1,221 in 2030 (+22.6%).

1,163 people aged 16 and over were expected to have psychotic disorder, with this projected to grow to 1,213 in 2017 (+4.3%) and 1,400 in 2030 (+20.4%).

20,840 people aged 16 and over were predicted to have two or more psychiatric disorders; reaching 21,754 in 2017 (+4.4%) and 25,179 in 2030 (+20.8%).

Daffodil also estimated that the total population aged 30-64 in Cardiff with early onset dementia would grow from 77 in 2013 to 81 in 2017 and 88 in 2030; increases of 5.2% and 14.3% 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 3,500 people in 2013 to 3,718 in 2017 (+6.2%) and to 5,154 in 2030 (+47.3%).

## **Children & Young People**

The Health Behaviour in School-aged Children survey 2009/10 asked respondents 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 85% in the Cardiff and Vale LHB scoring six or higher, compared to 79% of girls. The comparative proportions for the whole of Wales were 85% for boys and 80% for girls.

The Welsh Government's Children in Need Census collects individual records on all children in need, including those looked after by a local authority, who had an open case with a local authority on the 31<sup>st</sup> March that had been open for the three months from 1<sup>st</sup> January to 31<sup>st</sup> March. Figures from the 2014 Census showed that 150 (6%) of the 2,330 children in need<sup>7</sup> in Cardiff had mental health problems. This was unchanged from the 6% recorded in 2013 and below the Wales figure of 7%.

Information is also collected on the mental health of the parents. The 2014 Census indicated that 19% of the children in need in Cardiff had parents with mental health problems. This had risen from 16% in 2013, but was below the Welsh average of 24%.

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<sup>6</sup> Aged 11 to 16 and surveyed between October and December 2009.

<sup>7</sup> Excluding unborn children

According to Daffodil, in 2013 there were an estimated 3,857 children aged 5-15 in Cardiff with any mental health problem. This was forecast to increase by 7.2% to 4,136 in 2017 and by 34.6% to 5,193 in 2030.