

Report for: Health and Wellbeing Board: 19 May 2016

Title: Mental Health and Wellbeing Survey Update

Report

Authorised by: Jeanelle de Gruchy, Director of Public Health

Lead Officer: Tamara Djuretic, Assistant Director Public Health

Ward(s) affected: ALL

Report for Key/

Non Key Decision: N/A – Discussion item

1. Describe the issue under consideration

- 1.1 Haringey's Health and Wellbeing Strategy's Priority 3 focuses on improving mental health and wellbeing across the borough and Ambitions 7, 8 and 9 are set to monitor progress of the implementation of Priority 3.
- 1.2 This paper highlights the main findings of the mental health survey undertaken in Haringey (enclosed as a full report in Appendix 1).

2. Cabinet Member Introduction

- 2.1 Mental health and wellbeing is a key priority for Haringey and one that we have recognised as a focus in the Haringey Health and Wellbeing Strategy.
- 2.2 The survey shows that mental health and wellbeing in Haringey is at moderate levels and it is encouraging to note that there are no significant differences between the overall borough score compared to the scores in the most deprived areas of the borough.

3 Recommendations

- 3.1 The Board is asked to note the overall findings of the borough-wide mental health and wellbeing survey and consider its implication for the overall Health and Wellbeing Strategy and Corporate Plan.

4. Reasons for decision

- 4.1 To note the relationship between mental health and wellbeing and the wider Health and Wellbeing Strategy, Corporate Plan and health and social care integration.

5. Alternative options considered

N/A

6. Background information

- 6.1 The first Haringey Mental Wellbeing Survey was undertaken in summer 2015 to gain a greater understanding of positive mental health and wellbeing across the local authority. Conducted by the Knowledge and Intelligence Liverpool Team at Public Health England, the survey provides a baseline measure of mental wellbeing across Haringey and within the most deprived population of the borough. Results will be used to support the ambitions and priorities set out in Haringey's Corporate Plan and Health and Wellbeing Strategy 2015-18.¹
- 6.2 The Haringey Mental Wellbeing Survey 2015 results provide a baseline, to support the target of increasing the average short Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) score by 2018. The methodology of the survey is described in detail in the full report (see Appendix 1).
- 6.3 The average WEMWBS score for adults in Haringey in the borough was 26.10 and in the most deprived areas was 26.21. Any score of 21 or less is regarded as low, scores between 22 and 29, or 30 for the most deprived area is a moderate score and anything over 30 is regarded as a high score.
- 6.4 Respondents between 16 and 24 years old were most likely to have low mental wellbeing in the borough, while those aged 65 years and over were most likely to have low mental wellbeing in the most deprived sample. More men than women were categorised as having high mental wellbeing across both samples.
- 6.5 Childhood experiences of unhappiness and violence were associated with worse mental wellbeing; however the only significant relationship was for childhood happiness and mental wellbeing level in the borough sample.
- 6.6 Good health and fewer medical conditions were associated with better mental wellbeing as well as having more time to do things people really enjoy and regularly spending leisure time outdoors. More days of exercise and spending less time being sedentary had a significant association with better mental wellbeing in the borough sample.
- 6.7 Satisfaction with personal relationships showed a strong association with mental wellbeing, as did levels of trust, being well supported, and feeling safe in a local area. Feelings of neighbourhood belonging, being satisfied with local area and social capital were significantly associated with better mental wellbeing.
- 6.8 Employment was associated with better mental wellbeing, while those unable to work due to sickness or disability were most likely to report low mental

wellbeing. Poor educational attainment was associated with worse mental wellbeing, as were financial difficulties.

6.9 The survey explored health behaviours and the overall health of residents in relation to mental health and wellbeing and these are some key findings:

- Prevalence of smoking was 20% across the borough and increased to 24.2% in the most deprived sample. Smoking was strongly associated with lower mental health and wellbeing scores;
- Prevalence of cannabis use was approximately 6% across the borough and further 16% of residents were ex-users;
- The most common medical conditions reported by residents were high blood pressure (12-15%), anxiety, depression and stress (9-10%), asthma (6-8%) and diabetes (5.3 – 6.5%);
- Those with three or more conditions had significantly lower mental wellbeing scores;

6.10 It is proposed to repeat this survey annually, potentially using social media or other digital solutions.

7. Contribution to strategic outcomes

7.1 Priority 1-3 of the Corporate Plan and Health and Wellbeing Strategy Ambition 8.

8. Statutory Officers comments (Chief Finance Officer (including procurement), Assistant Director of Corporate Governance, Equalities)

8.1 Finance and Procurement

8.1.1 This is an update report for noting and as such there are no recommendations for action that have a direct financial implication.

8.2 Legal

8.2.1. This is an update report for noting and, as such, there are no recommendations for action that have direct legal implication.

8.3 Equality

8.3.1 The survey measures a number of protected characteristics such as age, ethnicity, illness and disability and compares mental health and wellbeing scores between the whole borough and those people in the most deprived areas.

8.3.2 The evidence established by the survey will inform planning of services and interventions that target those with the worst mental health and wellbeing outcomes (e.g. younger people and those over 65 years of age in most deprived areas).

9. Use of Appendices

Appendix one – Mental Wellbeing in Haringey: Findings from the Mental Wellbeing Survey 2015.

10. Local Government (Access to Information) Act 1985

Mental Health and Wellbeing Framework

<http://www.minutes.haringey.gov.uk/ieListDocuments.aspx?CId=771&MId=6848&Ver=4>

Health and Wellbeing Strategy 2015-2018

Haringey's Corporate Plan 2015-2018

<http://www.haringey.gov.uk/local-democracy/policies-and-strategies/corporate-plan-2015-18>

ⁱ Haringey Council (2015) Haringey's Health and Wellbeing Strategy 2015-18 [Online]. Available at: www.haringey.gov.uk/