Introduction

The Community Mental Health Profiles (CMHP) present a range of mental health information for local authorities in England. The CMHP are designed to give an overview of mental health risks, prevalence and services at a local, regional and national level using an interactive mapping tool. The data should be used to inform commissioners of health and social care services in their decision making, leading to the improvement of mental health, and mental health services.

Context

One in four people in the UK will suffer a mental health problem in the course of a year\(^1\). The cost of mental health problems to the economy in England have recently been estimated at £105 billion, and treatment costs are expected to double in the next 20 years\(^2\). Mental health is high on the government’s agenda, with a strategy, 'No Health without Mental Health', published by the Department of Health in 2011. The strategy takes a cross government approach with a focus on outcomes for people with a mental illness. The indicators included in the Community Mental Health Profiles have been specifically selected to reflect the strategy. Further work is planned to develop indicators and feedback from users is welcomed.

---

The wider determinants have been described as 'the causes of the causes'. They are the social, economic and environmental conditions that influence the health of individuals and populations. They determine the extent to which a person has the right physical, social and personal resources to achieve their goals, meet needs and deal with changes to their circumstances.

<table>
<thead>
<tr>
<th>Wider Determinants of Health</th>
<th>Local value</th>
<th>Eng. value</th>
<th>Eng. worst*</th>
<th>England Range</th>
<th>Eng. best*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Percentage of 16-18 year olds not in employment, education or training, 2011</td>
<td>6.6</td>
<td>6.2</td>
<td>11.9</td>
<td></td>
<td>1.9</td>
</tr>
<tr>
<td>2  Episodes of violent crime, rate per 1,000 population, 2010/11</td>
<td>24.9</td>
<td>14.6</td>
<td>34.5</td>
<td></td>
<td>6.3</td>
</tr>
<tr>
<td>3  Percentage of the relevant population living in the 20% most deprived areas in England, 2010</td>
<td>51.5</td>
<td>19.8</td>
<td>83.0</td>
<td></td>
<td>0.3</td>
</tr>
<tr>
<td>4  Working age adults who are unemployed, rate per 1,000 population, 2010/11</td>
<td>99.1</td>
<td>59.4</td>
<td>106.2</td>
<td></td>
<td>8.3</td>
</tr>
<tr>
<td>5  Rate of hospital admissions for alcohol attributable conditions, per 1,000 population, 2011/12</td>
<td>21.2</td>
<td>23.0</td>
<td>38.6</td>
<td></td>
<td>11.4</td>
</tr>
<tr>
<td>6  Numbers of people (aged 18-75) in drug treatment, rate per 1,000 population, 2011/12</td>
<td>5.0</td>
<td>5.2</td>
<td>0.8</td>
<td></td>
<td>18.4</td>
</tr>
</tbody>
</table>

Risk Factors

A risk factor is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease, injury or mental health problem. Some examples of the more important risk factors in mental health are under and over weight, low levels of physical activity, drug abuse, tobacco and alcohol consumption, and homelessness.

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Local value</th>
<th>Eng. value</th>
<th>Eng. worst*</th>
<th>England Range</th>
<th>Eng. best*</th>
</tr>
</thead>
<tbody>
<tr>
<td>7  Statutory homeless households, rate per 1,000 households, all ages, 2010/11</td>
<td>3.25</td>
<td>2.03</td>
<td>10.36</td>
<td></td>
<td>0.13</td>
</tr>
<tr>
<td>8  Percentage of the population with a limiting long term illness, 2001</td>
<td>19.2</td>
<td>16.9</td>
<td>24.4</td>
<td></td>
<td>10.2</td>
</tr>
<tr>
<td>9  First time entrants into the youth justice system 10 to 17 year olds, 2001 to 2011</td>
<td>1,004</td>
<td>876</td>
<td>2,436</td>
<td></td>
<td>343</td>
</tr>
<tr>
<td>10 Percentage of adults (16+) participating in recommended level of physical activity, 2009/10 to 2011/12</td>
<td>8.2</td>
<td>11.2</td>
<td>5.7</td>
<td></td>
<td>17.3</td>
</tr>
</tbody>
</table>

Levels of Mental Health and Illness

At any one time, roughly one in six of us is experiencing a mental health problem. Mental health problems are also estimated to cost the economy £105 billion per year. It's important to monitor and investigate the levels of mental health in order to target and improve mental health services at a local level.

<table>
<thead>
<tr>
<th>Levels of Mental Health and Illness</th>
<th>Local value</th>
<th>Eng. value</th>
<th>Eng. worst*</th>
<th>England Range</th>
<th>Eng. best*</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 Percentage of adults (18+) with dementia, 2011/12</td>
<td>0.28</td>
<td>0.53</td>
<td>0.95</td>
<td></td>
<td>0.21</td>
</tr>
<tr>
<td>12 Ratio of recorded to expected prevalence of dementia, 2010/11</td>
<td>0.32</td>
<td>0.42</td>
<td>0.27</td>
<td></td>
<td>0.69</td>
</tr>
<tr>
<td>13 Percentage of adults (18+) with depression, 2011/12</td>
<td>4.75</td>
<td>11.68</td>
<td>20.29</td>
<td></td>
<td>4.75</td>
</tr>
<tr>
<td>14 Percentage of adults (18+) with learning disabilities, 2011/12</td>
<td>0.44</td>
<td>0.45</td>
<td>0.21</td>
<td></td>
<td>0.77</td>
</tr>
</tbody>
</table>

How to interpret the spine charts

Where perceived polarity:

England worst  England average  England best
25th percentile  England average  75th percentile

- Significantly worse
- Not significant
- Significantly better
- Significance Not Tested

Where no perceived polarity:

England lowest  England average  England highest
25th percentile  England average  75th percentile

- Significantly lower
- Not significant
- Significantly higher
- Significance Not Tested

* For indicators 6, 20, and 22-25, there is no perceived polarity, so "lowest" and "highest" replace "worst" and "best".
Treatment and early intervention can help to minimise the impact of mental illness and improve overall wellbeing. A high number of people in contact with mental health services may indicate a particularly high prevalence in your geography, but it may also reflect good recognition and diagnosis of conditions and availability of appropriate treatment services. Therefore some of the indicators in this domain show high or low significance (using blue lines) rather than best and worst judgements (using red and green lines).

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Local value</th>
<th>Eng. value</th>
<th>Eng. worst*</th>
<th>England Range</th>
<th>Eng. best*</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Directly standardised rate for hospital admissions for mental health, 2009/10 to 2011/12</td>
<td>253</td>
<td>243</td>
<td>1,257</td>
<td></td>
<td>99</td>
</tr>
<tr>
<td>16 Directly standardised rate for hospital admissions for unipolar depressive disorders, 2009/10 to 2011/12</td>
<td>46.7</td>
<td>32.1</td>
<td>84.8</td>
<td></td>
<td>4.7</td>
</tr>
<tr>
<td>17 Directly standardised rate for hospital admissions for Alzheimer's and other related dementia, 2009/10 to 2011/12</td>
<td>43</td>
<td>80</td>
<td>226</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>18 Directly standardised rate for hospital admissions for schizophrenia, schizotypal and delusional disorders, 2009/10 to 2011/12</td>
<td>80</td>
<td>57</td>
<td>233</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>19 Allocated average spend for mental health per head, 2011/12</td>
<td>208</td>
<td>183</td>
<td>147</td>
<td></td>
<td>257</td>
</tr>
<tr>
<td>20 Numbers of people using adult &amp; elderly NHS secondary mental health services, rate per 1000 population, 2010/11</td>
<td>2.4</td>
<td>2.5</td>
<td>0.0</td>
<td></td>
<td>9.6</td>
</tr>
<tr>
<td>21 Percentage of referrals entering treatment from Improving Access to Psychological Therapies, 2011/12</td>
<td>44.9</td>
<td>60.1</td>
<td>28.9</td>
<td></td>
<td>99.7</td>
</tr>
<tr>
<td>22 Numbers of people on a Care Programme Approach, rate per 1,000 population, 2010/11</td>
<td>4.7</td>
<td>6.4</td>
<td>0.3</td>
<td></td>
<td>17.1</td>
</tr>
<tr>
<td>23 In-year bed days for mental health, rate per 1,000 population, 2010/11</td>
<td>138</td>
<td>193</td>
<td>72</td>
<td></td>
<td>489</td>
</tr>
<tr>
<td>24 Number of contacts with Community Psychiatric Nurse, rate per 1,000 population, 2010/11</td>
<td>295</td>
<td>169</td>
<td>3</td>
<td></td>
<td>584</td>
</tr>
<tr>
<td>25 Number of total contacts with mental health services, rate per 1,000 population, 2010/11</td>
<td>631</td>
<td>313</td>
<td>31</td>
<td></td>
<td>823</td>
</tr>
</tbody>
</table>

Outcomes

Improving patient outcomes is the aim of all mental health services. There is little data available about patients following their use of mental health services, but an indicator on recovery rates following use of Improving Access to Psychological Therapies is included here for the first time.*

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Local value</th>
<th>Eng. value</th>
<th>Eng. worst*</th>
<th>England Range</th>
<th>Eng. best*</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 People with mental illness and or disability in settled accommodation, 2011/12</td>
<td>86.1</td>
<td>66.8</td>
<td>1.3</td>
<td></td>
<td>92.8</td>
</tr>
<tr>
<td>27 Directly standardised rate for emergency hospital admissions for self harm, 2011/12</td>
<td>187</td>
<td>207</td>
<td>543</td>
<td></td>
<td>52</td>
</tr>
<tr>
<td>28 Indirectly standardised mortality rate for suicide and undetermined injury, 2010/11</td>
<td>45</td>
<td>100</td>
<td>174</td>
<td></td>
<td>29</td>
</tr>
<tr>
<td>29 Hospital admissions caused by unintentional and deliberate injuries in &lt;18s, 2009/10</td>
<td>110</td>
<td>123</td>
<td>217</td>
<td></td>
<td>68</td>
</tr>
<tr>
<td>30 Improving Access to Psychological Therapies - Recovery Rate, 2011/12</td>
<td>40.8</td>
<td>43.8</td>
<td>9.9</td>
<td></td>
<td>65.3</td>
</tr>
<tr>
<td>31 Excess under 75 mortality rate in adults with serious mental illness, 2010/11</td>
<td>529</td>
<td>921</td>
<td>1,863</td>
<td></td>
<td>210</td>
</tr>
</tbody>
</table>
### Levels of Mental Health and Illness

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>2010/11</th>
<th>2011/12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Percentage of adults (18+) with dementia, 2011/12</strong></td>
<td>0.22%</td>
<td>0.27%</td>
</tr>
<tr>
<td><strong>Percentage of adults (18+) with depression, 2011/12</strong></td>
<td>0.22%</td>
<td>0.34%</td>
</tr>
<tr>
<td><strong>Percentage of adults (18+) with learning disabilities, 2011/12</strong></td>
<td>0.23%</td>
<td>0.25%</td>
</tr>
</tbody>
</table>

### Comparison with respect to England average

<table>
<thead>
<tr>
<th>2010/11</th>
<th>2011/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better</td>
<td>Lower</td>
</tr>
<tr>
<td>Worse</td>
<td>Not compared</td>
</tr>
</tbody>
</table>

---

### Tartan Rugs

<table>
<thead>
<tr>
<th>Period</th>
<th>2011</th>
<th>2010/11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wider Determinants of Health</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Percentage of 16-18 year olds not in employment, education, training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Epilepsy seizures in the population, rate per 1,000 population</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Percentage of the population living in the 20% least deprived areas in England, 2010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Rate of hospital admissions for alcohol attributable conditions, per 100,000 population, 1991-93</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Rate of hospital admissions for alcohol attributable conditions, per 100,000 population, 1994-95</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Number of people aged 25-54 in drug treatment, as per employment status, 1999/00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Rate of hospital admissions for alcohol attributable conditions, per 100,000 population, 1991-93</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Percentage of people with minor long term illness, 2001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Number of people aged 65-84, female, 2001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Number of people aged 65-84, male, 2001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Percentage of adults (18+) with dementia, 2011/12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Percentage of adults (18+) with depression, 2011/12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Percentage of adults (18+) with learning disabilities, 2011/12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Percentage of adults (18+) with hearing disabilities, 2011/12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Treatment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Period</th>
<th>England</th>
<th>London</th>
<th>Barking and Dagenham</th>
<th>Bexley</th>
<th>Bromley</th>
<th>Greenwich</th>
<th>Haringey</th>
<th>Kingston upon Thames</th>
<th>Lambeth</th>
<th>Richmond upon Thames</th>
<th>Southwark</th>
<th>Sutton</th>
<th>Tower Hamlets</th>
<th>Westminster</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Directly standardized rate for hospital admissions for unipolar depressive disorders, 2009/10 to 2011/12</td>
<td>2009/10 to 2011/12</td>
<td>32.1</td>
<td>37.0</td>
<td>46.7</td>
<td>30.6</td>
<td>52.8</td>
<td>30.5</td>
<td>39.3</td>
<td>29.9</td>
<td>20.1</td>
<td>26.9</td>
<td>16.8</td>
<td>30.9</td>
<td>63.3</td>
</tr>
<tr>
<td>17</td>
<td>Directly standardized rate for hospital admissions for Alzheimer’s and other related dementia, 2009/10 to 2011/12</td>
<td>2009/10 to 2011/12</td>
<td>80</td>
<td>75</td>
<td>43</td>
<td>53</td>
<td>81</td>
<td>39</td>
<td>71</td>
<td>113</td>
<td>-</td>
<td>33</td>
<td>57</td>
<td>123</td>
<td>126</td>
</tr>
<tr>
<td>18</td>
<td>Directly standardized rate for hospital admissions for schizophrenia, schizoaffective and delusional disorders, 2009/10 to 2011/12</td>
<td>2009/10 to 2011/12</td>
<td>57</td>
<td>103</td>
<td>80</td>
<td>96</td>
<td>83</td>
<td>103</td>
<td>69</td>
<td>126</td>
<td>95</td>
<td>81</td>
<td>44</td>
<td>113</td>
<td>130</td>
</tr>
<tr>
<td>19</td>
<td>Allocated average spend for mental health per head, 2011/12</td>
<td>2011/12</td>
<td>183</td>
<td>205</td>
<td>208</td>
<td>179</td>
<td>177</td>
<td>228</td>
<td>175</td>
<td>221</td>
<td>248</td>
<td>182</td>
<td>185</td>
<td>19.0</td>
<td>216</td>
</tr>
</tbody>
</table>

### Outcomes

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Period</th>
<th>Rate per 1,000 population, 2010/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>Numbers of people using adult &amp; elderly NHS secondary mental health services</td>
<td>2010/11</td>
</tr>
<tr>
<td>21</td>
<td>Percentage of referrals entering treatment from Improving Access to Psychological Therapies, 2011/12</td>
<td>2011/12</td>
</tr>
<tr>
<td>22</td>
<td>Numbers of people on a Care Programme Approach, rate per 1,000 population, 2010/11</td>
<td>2010/11</td>
</tr>
<tr>
<td>23</td>
<td>Inyear bed days for mental health, rate per 1,000 population, 2010/11</td>
<td>2010/11</td>
</tr>
<tr>
<td>24</td>
<td>Number of contacts with Community Psychiatric Nurse, rate per 1,000 population, 2010/11</td>
<td>2010/11</td>
</tr>
<tr>
<td>25</td>
<td>Number of total contacts with mental health services, rate per 1,000 population, 2010/11</td>
<td>2010/11</td>
</tr>
</tbody>
</table>

### Comparison

<table>
<thead>
<tr>
<th>Comparison with respect to England average</th>
<th>Better</th>
<th>Similar</th>
<th>Worse</th>
<th>When no preferred polarity</th>
<th>Lower</th>
<th>Similar</th>
<th>Higher</th>
<th>Not compared</th>
</tr>
</thead>
</table>
Wider Determinants of Health

1. Percentage of 16-18 year olds not in employment, education or training, 2011

Young people aged 16-18 years old who are not in education, training or employment (NEETS) are more likely to have poor health and die an early death. They are also more likely to have a poor diet, smoke, drink alcohol and suffer from mental health problems.

<table>
<thead>
<tr>
<th>Period 2011</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6.2</td>
<td>4.5</td>
<td>6.6</td>
</tr>
</tbody>
</table>

Key
- Significantly better than England (65)
- Not significantly different to England (29)
- Significantly worse than England (56)
- No data (2)

Data source(s)
- Local Government Improvement and Development

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Wider Determinants of Health

2. Episodes of violent crime, rate per 1,000 population, 2010/11

Crime levels are associated with both illness and poverty, increasing the burden of ill health on those communities least able to cope. Violent crime can result directly in psychological distress and subsequent mental health problems.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>14.6</td>
<td>21.3</td>
<td>24.9</td>
</tr>
</tbody>
</table>

Significantly worse than England

Key
- Significantly better than England (81)
- Not significantly different to England (10)
- Significantly worse than England (61)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

Data source(s)
Neighbourhood.statistics.gov.uk
Wider Determinants of Health

3. Percentage of the relevant population living in the 20% most deprived areas in England, 2010

This indicator identifies areas with substantial levels of multiple deprivation, which helps to measure and identify health inequalities across England. Many studies have demonstrated the association between poor health and deprivation. For instance, all cause mortality, smoking prevalence and self-reported longstanding illness are all correlated with deprivation. Any increase in inequalities in deprivation is likely to result in widening inequalities in health.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>19.8</td>
<td>26.1</td>
<td>51.5</td>
</tr>
</tbody>
</table>

Key
- Green: Significantly better than England (69)
- Red: Significantly worse than England (75)
- Grey: No data (8)

Data source(s)
Department for Communities and Local Government
Wider Determinants of Health

4. Working age adults who are unemployed, rate per 1,000 population, 2010/11

There is strong evidence to suggest that work is generally good for physical and mental health and wellbeing, taking into account the nature and quality of work and its social context. Long term worklessness is associated with poorer physical and mental health.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>59.4</td>
<td>69.9</td>
<td>99.1</td>
</tr>
</tbody>
</table>

Significantly worse than England

Key
- Significantly better than England (66)
- Not significantly different to England (7)
- Significantly worse than England (77)
- No data (2)

Data source(s)
Department for Communities and Local Government
Wider Determinants of Health

5. Rate of hospital admissions for alcohol attributable conditions, per 1,000 population, 2011/12

Alcohol misuse leads to a range of public health problems and the long term effects of excessive alcohol consumption are a major cause of avoidable hospital admissions. Alcohol affects all of society, from the burden on the NHS in terms of hospital admission and treatment in primary care, the economic burden due to loss of employment and reduced capacity to work, through to other negative effects of alcohol on the social and behavioural welfare of communities.

Data source(s)
Local Alcohol Profiles England

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>23.0</td>
<td>19.0</td>
<td>21.2</td>
</tr>
</tbody>
</table>

Significantly better than England

Key
- Green: Significantly better than England (74)
- Yellow: Not significantly different to England (15)
- Red: Significantly worse than England (63)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

© Crown copyright. All rights reserved 100020290 2013
Wider Determinants of Health

6. Numbers of people (aged 18-75) in drug treatment, rate per 1,000 population, 2011/12

There is an association between mental health problems and drug misuse. Some people misuse substances to help cope with the symptoms of mental illness. Others may experience mental health issues as a result of their substance abuse.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>5.2</td>
<td>5.6</td>
<td>5.0</td>
</tr>
</tbody>
</table>

Key
- Significantly lower than England (64)
- Not significantly different to England (19)
- Significantly higher than England (68)
- No data (1)

Data source(s)
National Treatment Agency for Substance Misuse <www.nepho.org.uk/cmhp>

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Risk Factors

7. Statutory homeless households, rate per 1,000 households, all ages, 2010/11

This indicator highlights a group that are amongst the most vulnerable in society. Homelessness is associated with severe poverty and is a social determinant of health.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>2.03</td>
<td>3.14</td>
<td>3.25</td>
</tr>
</tbody>
</table>

Key
- Significantly better than England (85)
- Not significantly different to England (21)
- Significantly worse than England (46)

Data source(s)
Department for Communities and Local Government
Risk Factors

8. Percentage of the population with a limiting long term illness, 2001

Poor quality of life through physical illness is known to be closely related to mental health problems. People with mental health problems are twice as likely as the general population to experience a long term illness or disability.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>16.9</td>
<td>14.8</td>
<td>19.2</td>
</tr>
</tbody>
</table>

Key:
- Significantly better than England (72)
- Not significantly different to England (8)
- Significantly worse than England (72)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

Data source(s)
Office for National Statistics
Risk Factors

9. First time entrants into the youth justice system 10 to 17 year olds, 2001 to 2011

The rate of first time entrants to the criminal justice system per 100,000, where first time entrants are defined as young people (aged 10-17) who receive their first substantive outcome (relating to a reprimand, a final warning with or without an intervention, or a court disposal for those who go directly to court without a reprimand or final warning).

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001 to 2011</td>
<td>876</td>
<td>1,017</td>
<td>1,004</td>
</tr>
</tbody>
</table>

Not significantly different to England

Key
- Significantly better than England (59)
- Not significantly different to England (46)
- Significantly worse than England (45)
- No data (2)

Data source(s)
Youth Justice Indicators

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Risk Factors

10. Percentage of adults (16+) participating in recommended level of physical activity, 2009/10 to 2011/12

People who have a physically active lifestyle are at approximately half the risk of developing coronary heart disease compared to those who have a sedentary lifestyle. Regular physical activity is also associated with a reduced risk of diabetes, obesity, osteoporosis and colon cancer and with improved mental health. In older adults physical activity is associated with increased functional capacities.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009/10 to 2011/12</td>
<td>11.2</td>
<td>9.9</td>
<td>8.2</td>
</tr>
</tbody>
</table>

Significantly worse than England

Key
- Green: Significantly better than England (24)
- Yellow: Not significantly different to England (101)
- Red: Significantly worse than England (25)
- Gray: No data (2)

Data source(s)
- Sport England

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

© Crown copyright. All rights reserved 100020290 2013

150 LAs

www.nepho.org.uk/cmhp

Copyright © 2012-13, NEPHO. Delivered by the Public Health Observatories in England in partnership with the Department of Health.
Levels of Mental Health and Illness

11. Percentage of adults (18+) with dementia, 2011/12

This indicator estimates the prevalence of dementia from PCT data. Dementia is a syndrome characterised by catastrophic, progressive global deterioration in intellectual function and is a main cause of late-life disability. The prevalence of dementia increases with age and is estimated to be approximately 20 per cent at 80 years of age. In a third of cases, dementia is associated with other psychiatric symptoms such as depressive disorder, adjustment disorder, generalised anxiety disorder and alcohol related problems.

Data source(s)
The NHS Information Centre

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>0.53</td>
<td>0.35</td>
<td>0.28</td>
</tr>
</tbody>
</table>

Significantly better than England

Key
- Significantly better than England (61)
- Not significantly different to England (40)
- Significantly worse than England (48)
- No data (3)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Levels of Mental Health and Illness

12. Ratio of recorded to expected prevalence of dementia, 2010/11

Many people with dementia go undiagnosed, and may not have the access to care that could be available to them. One way to investigate the variation of diagnosed to undiagnosed patients is to look at numbers of observed to expected prevalence for dementia. There can be a large amount of people who may be suffering from dementia who are not recognised on the dementia register. This could have implications for the local implementation of the National Dementia Strategy. For this indicator, we have assessed higher values to be preferable, that is, where the recorded prevalence is close to the expected prevalence.

Data source(s)
POPPI & PANSI

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>0.42</td>
<td>0.42</td>
<td>0.32</td>
</tr>
</tbody>
</table>

Key
- Significantly better than England (59)
- Not significantly different to England (39)
- Significantly worse than England (54)
Levels of Mental Health and Illness

13. Percentage of adults (18+) with depression, 2011/12

This indicator estimates the prevalence of depression from General Practice records. Depression is common and disabling. The estimated prevalence of major depression among 16-65 year olds in the UK is 21/1000 (males 17, females 25). Mixed anxiety and depression is prevalent in a further 10 per cent of adult patients attending general practices. It contributes 12 per cent of the total burden of non-fatal global disease and by 2020, looks set to be second after cardiovascular disease in terms of the world’s disabling diseases. Major depressive disorder is increasingly seen as chronic and relapsing, resulting in high levels of personal disability, lost quality of life for patients, their family and carers, multiple morbidity, suicide, higher levels of service use and many associated economic costs.

Data source(s)
The NHS Information Centre
Levels of Mental Health and Illness

14. Percentage of adults (18+) with learning disabilities, 2011/12

People with learning disabilities demonstrate the complete spectrum of mental health problems, with higher prevalence than found in those without learning disabilities.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>0.45</td>
<td>0.34</td>
<td>0.44</td>
</tr>
</tbody>
</table>

Not significantly different to England

Key
- Significantly lower than England (55)
- Not significantly different to England (36)
- Significantly higher than England (55)
- No data (3)

Data source(s)
The NHS Information Centre

© Crown copyright. All rights reserved 100020290 2013

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts
15. Directly standardised rate for hospital admissions for mental health, 2009/10 to 2011/12

Admissions to hospital for a mental health condition should be avoided wherever possible through the use of assertive community-based services and crisis teams. This indicator shows the number of hospital admissions for mental health. The data is sourced from the Hospital Episode Statistics dataset. Hospital Episode Statistics, The NHS Information Centre for health and social care (http://www.ic.nhs.uk/hes)

- **Period:** 2009/10 to 2011/12
- **England Average:** 243
- **London:** 250
- **Barking and Dagenham:** 253

**Key**
- Not significantly different to England
- Significantly better than England (68)
- Not significantly different to England (18)
- Significantly worse than England (66)

**Data source(s)**
- Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

Unipolar depression is a major depressive episode that occurs without the manic phase characteristic of bipolar depression. Major depression may include a combination of symptoms that interfere with a person’s ability to work, sleep, study, eat, and enjoy once-pleasurable activities. Major depression is disabling and prevents a person from functioning normally. Some people may experience only a single episode within their lifetime, but more often a person may have multiple episodes.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009/10 to 2011/12</td>
<td>32.1</td>
<td>37.0</td>
<td>46.7</td>
</tr>
</tbody>
</table>

**Significantly worse than England**

**Significantly better than England**

**Not significantly different to England**

**Data source(s)**
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Treatment

17. Directly standardised rate for hospital admissions for Alzheimer’s and other related dementia, 2009/10 to 2011/12

According to the Alzheimer’s Society, Alzheimer’s disease is the most common cause of dementia, affecting around 465,000 people in the UK. The term ‘dementia’ describes a set of symptoms which can include loss of memory, mood changes, and problems with communication and reasoning. Alzheimer’s is a progressive disease, which means that gradually, over time, more parts of the brain are damaged. As this happens, the symptoms become more severe.

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

Key
- Significantly better than England (57)
- Not significantly different to England (35)
- Significantly worse than England (54)
- Significance not tested (5)
- No data (1)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts

© Crown copyright. All rights reserved 100020290 2013

LONDON

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics
Treatment

18. Directly standardised rate for hospital admissions for schizophrenia, schizotypal and delusional disorders, 2009/10 to 2011/12

Schizophrenia is one of the most common serious mental health conditions. The illness has a range of symptoms including hallucinations, delusions, and difficulty in thinking. Doctors describe schizophrenia as a psychotic illness. The 2000 National Survey of Psychiatric Morbidity in the UK found that 5 people in every 1000 had experienced a psychotic disorder (including schizophrenia and manic depression).

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

Key
- Significantly better than England (63)
- Not significantly different to England (25)
- Significantly worse than England (63)
- No data (1)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Treatment

19. Allocated average spend for mental health per head, 2011/12

This indicator gives the total estimated spend per head of the population on Mental Health Services, based on NHS funding. The data is sourced from the Department of Health Exposition Book, which provides information on allocation funding to the NHS.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>183</td>
<td>201</td>
<td>208</td>
</tr>
</tbody>
</table>

Key
- Green: Significantly better than England (7)
- Orange: Not significantly different to England (141)
- Red: Significantly worse than England (4)

Data source(s)
Department of Health, Exposition book.

© Crown copyright. All rights reserved 2012-13, NEPHO.
Commissioners of services need to be aware of the number of people using mental health services in order to plan for future provision. This indicator measures those individuals using adult and elderly NHS secondary mental health services as recorded in the Mental Health Minimum Dataset, collated by the NHS Information Centre.

Data source(s)
The NHS Information Centre - Mental Health Minimum Dataset

© Crown copyright. All rights reserved 2012-13, NEPHO. Delivered by the Public Health Observatories in England in partnership with the Department of Health.
Treatment

21. Percentage of referrals entering treatment from Improving Access to Psychological Therapies, 2011/12

Improving Access to Psychological Therapies is an NHS programme which routinely measures the performance of mental health services to highlight those areas where improvement is needed.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>60.1</td>
<td>59.2</td>
<td>44.9</td>
</tr>
</tbody>
</table>

Key
- **Significantly better than England (48)**
- **Not significantly different to England (49)**
- **Significantly worse than England (52)**
- **No data (3)**

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
### Treatment

#### 22. Numbers of people on a Care Programme Approach, rate per 1,000 population, 2010/11

The Care Programme Approach is a way of co-ordinating community mental health services for people with severe and enduring mental health problems. It involves carrying out a comprehensive assessment and producing a care plan for each patient. This indicator measures the number of individuals who are on the Care Programme Approach per 1,000 population.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>6.4</td>
<td>7.4</td>
<td>4.7</td>
</tr>
</tbody>
</table>

Key:
- **Significantly lower than England** (69)
- **Not significantly different to England** (10)
- **Significantly higher than England** (73)

#### Data source(s)

The NHS Information Centre - Mental Health Minimum Dataset

© Crown copyright. All rights reserved 100020290 2013
Treatment

23. In-year bed days for mental health, rate per 1,000 population, 2010/11

Knowing the number of bed days used by patients each year helps commissioners with the planning of mental health services. This indicator measures the number of bed days used in secondary mental health care hospitals as recorded by the Mental Health Minimum Dataset.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>193</td>
<td>270</td>
<td>138</td>
</tr>
</tbody>
</table>

Key
- Significantly lower than England
- Not significantly different to England
- Significantly higher than England

Data source(s)
The NHS Information Centre - Mental Health Minimum Dataset
24. Number of contacts with Community Psychiatric Nurse, rate per 1,000 population, 2010/11

This indicator records the number of contacts that Outpatient and Community Psychiatric Nurse have with patients each year, per 1,000 population. The data is sourced from the Mental Health Minimum Dataset.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>169</td>
<td>195</td>
<td>295</td>
</tr>
</tbody>
</table>

Key
- Significantly lower than England (85)
- Not significantly different to England (3)
- Significantly higher than England (64)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.

Data source(s)
The NHS Information Centre - Mental Health Minimum Dataset

E09000002-00AB Barking and Dagenham
www.nepho.org.uk/cmhp

Copyright © 2012-13, NEPHO. Delivered by the Public Health Observatories in England in partnership with the Department of Health.
Treatment

25. Number of total contacts with mental health services, rate per 1,000 population, 2010/11

This indicator measures all contacts with mental health staff, including Consultant Psychiatrists, Community Psychiatric Nurses, Clinical Psychologists, Occupational Therapists, Physiotherapists, Consultant Psychotherapists & Social Workers.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>313</td>
<td>389</td>
<td>631</td>
</tr>
</tbody>
</table>

Key
- Significantly lower than England (83)
- Not significantly different to England (1)
- Significantly higher than England (68)

Data source(s)
The NHS Information Centre - Mental Health Minimum Dataset

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Outcomes

26. People with mental illness and or disability in settled accommodation, 2011/12

Percentage of adults receiving secondary mental health services known to be in settled accommodation at the time of their most recent assessment, formal review or multi disciplinary care planning meeting.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>66.8</td>
<td>72.5</td>
<td>86.1</td>
</tr>
</tbody>
</table>

Significantly better than England

Data source(s)
The NHS Information Centre

Key
- Green: Significantly better than England (77)
- Yellow: Not significantly different to England (32)
- Red: Significantly worse than England (43)
Outcomes

27. Directly standardised rate for emergency hospital admissions for self harm, 2011/12

Self-harm is an expression of personal distress. It can result from a wide range of psychiatric, psychological, social and physical problems and self-harm can be a risk for subsequent suicide.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>207</td>
<td>112</td>
<td>187</td>
</tr>
</tbody>
</table>

Not significantly different to England

Key
- Green: Significantly better than England (66)
- Yellow: Not significantly different to England (17)
- Red: Significantly worse than England (67)
- Significance not tested (2)

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Outcomes

28. Indirectly standardised mortality rate for suicide and undetermined injury, 2010/11

It is estimated that around 1 million people will die by suicide worldwide each year. A person may be more likely to become suicidal if they have a mental health condition. Reduction of suicide rates was a target indicator in the Saving Lives: Our Healthier Nation strategy. The Public Health Outcomes Framework 2013-2016 retains an indicator on suicide while the NHS Outcomes Framework 2012/13 proposes a new indicator to reduce premature death in people with serious mental illness. This new indicator will be included in future updates of the Community Mental Health Profiles once data becomes available.

Data source(s)
Compendium of Population Health Indicators, The NHS Information Centre for health and social care, and the Office for National Statistics

© Crown copyright. All rights reserved 100020290 2013

www.nepho.org.uk/cmhp
Copyright © 2012-13, NEPHO. Delivered by the Public Health Observatories in England in partnership with the Department of Health.
Outcomes

29. Hospital admissions caused by unintentional and deliberate injuries in <18s, 2009/10

Hospital admissions caused by unintentional and deliberate injuries in under 18s have been confirmed as one of the public health indicators as part of the new Public Health Outcomes Framework for England, 2013 - 2016. The hospital admissions indicator for under 18s is one of the key health improvement outcome measures. It aims to help people to live healthy lifestyles, make healthy choices and reduce health inequalities.

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

Period
2009/10
England Average
123
London
99
Barking and Dagenham
110

Key
- Significantly better than England (65)
- Not significantly different to England (28)
- Significantly worse than England (57)
- No data (2)

© Crown copyright. All rights reserved 2013

Data source(s)
Hospital Episode Statistics, The NHS Information Centre for health and social care, and the Office for National Statistics

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts
Outcomes

30. Improving Access to Psychological Therapies - Recovery Rate, 2011/12

Improving Access to Psychological Therapies is an NHS programme which routinely measures the performance of mental health services to highlight those areas where improvement is needed.

<table>
<thead>
<tr>
<th>Period</th>
<th>England Average</th>
<th>London</th>
<th>Barking and Dagenham</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011/12</td>
<td>43.8</td>
<td>41.8</td>
<td>40.8</td>
</tr>
</tbody>
</table>

Not significantly different to England

Key
- Green: Significantly better than England (45)
- Yellow: Not significantly different to England (65)
- Red: Significantly worse than England (38)
- Gray: No data (4)

City of London and Isles of Scilly are displayed on the map but excluded from the bar charts.
Outcomes

31. Excess under 75 mortality rate in adults with serious mental illness, 2010/11

People with a 'serious mental illness' are defined as those who have been in contact with specialist secondary mental health services at any time over the previous three years; including out-patients, people in contact with community services and in-patients. This is the first time figures have been calculated by linking mortality data to the Mental Health Minimum Dataset (MHMDS); the dataset that contains record-level data about NHS services delivered to over one million people with serious mental health problems.

Data source(s)
Compendium of Population Health Indicators, The NHS Information Centre for health and social care, and the Office for National Statistics

Key
- Green: Significantly better than England (34)
- Yellow: Not significantly different to England (110)
- Red: Significantly worse than England (6)
- Grey: No data (2)

© Crown copyright. All rights reserved 100020290 2013
Further information

Community Mental Health Profile Resources

For more information about community mental health profiles, visit http://www.nepho.org.uk/cmhp. You can download reports for each local authority in England or download all the data as a spreadsheet, or even use the user friendly interactive tools to analyse the data yourself, comparing the indicators using scatter plots. You can also take part in our survey to give us feedback or suggest new indicators or features you would like to see.

Complete the survey

Community Mental Health Profiles have been produced by the North East Public Health Observatory to present mental health information using an interactive mapping tool and printable reports. We value your opinion on how useful you find the tool, and would like your feedback in order to inform future developments.

You can complete the survey online: http://www.nepho.org.uk/cmhp/survey.php.

We also welcome feedback via email to cmhp@nepho.org.uk.

Indicator guide

Detailed information about how each indicator is calculated is provided via the information tab on the website, or is downloadable in the ‘about the indicators’ guide.

Other profiles of interest

- Health and Social Care Information Centre Indicator Portal
- Measures from the 2011/12 Adult Social Care Outcomes Framework (provisional release)
- Open Data Cabinet
- Local Authority Health Profiles
- Local Alcohol Profiles for England
- Diabetes Community Health Profiles
- End of Life Care Profiles
- National Obesity Observatory Maps
- Sexual Health Balanced Scorecard
- Skin Cancer Hub
- Local Tobacco Control Profiles for England
- Practice Profiles
- National Cardiovascular Disease (CVD) Profiles
- Excess Winter Deaths (EWD) Atlas for England
- Injury Profiles for England
- Marmot Indicators for Local Authorities in England
- Health Inequality Indicators for Local Authorities
- Small Area Indicators for Joint Strategic Needs Assessment (JSNA)
- Child Health Profiles
- Older People Atlas for England
- Learning disability profiles
- Strategic Health Asset Planning and Evaluation
- EU Health Profiles