

# Health and Wellbeing Challenges in Hertfordshire

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creative  
hertfordshire



# What we know

- Culture and arts are crucial forms of expressing who we are
- They add meaning and purpose
- They help us be resilient
- They help us adapt (a way of coping) with life changes and help us relax as well as helping us be creative
- These are important for health and wellbeing

# An overview

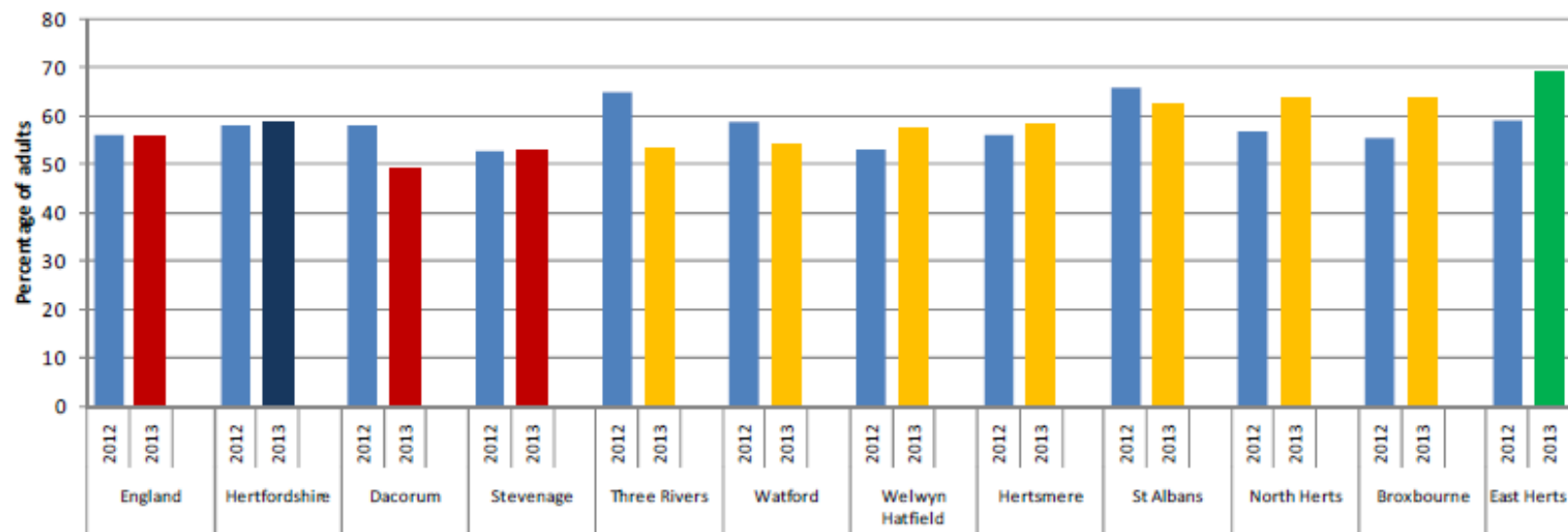
## Successes

- Smoking going down
- Suicides down further
- Physical activity on the up

## Challenges

- Smoking too high in routine and manual workers and pregnant mums
- Preventable cancer, heart disease and diabetes through lifestyle still on up
- Alcohol related harm still on up in some places
- Poor mental health still too prevalent

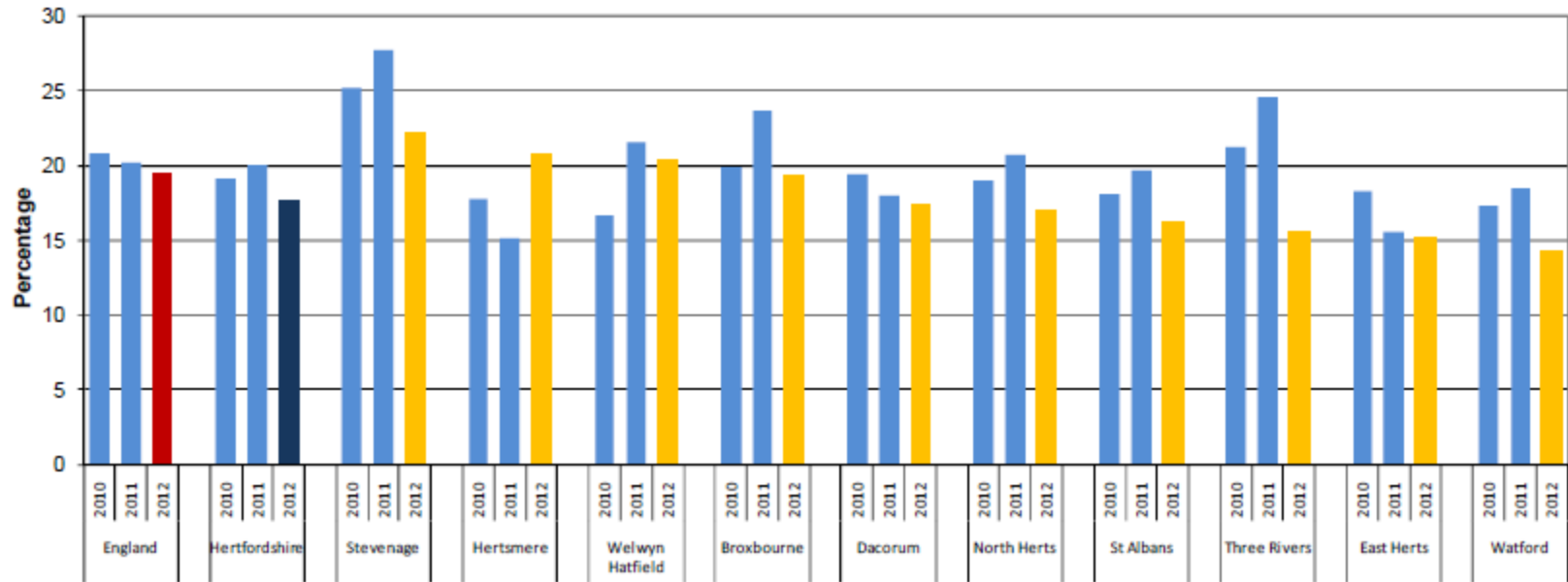
### Percentage of adults (16+) participating in more than 150 minutes of physical activity per week



Source: Active People Survey, Sport for England

**Figure 14.** Percentage of people participating in more than 150 minutes of physical activity per week. Red indicates significantly worse than Hertfordshire average, Yellow indicates not significantly different, Green indicates significantly better. Blue is previous years.

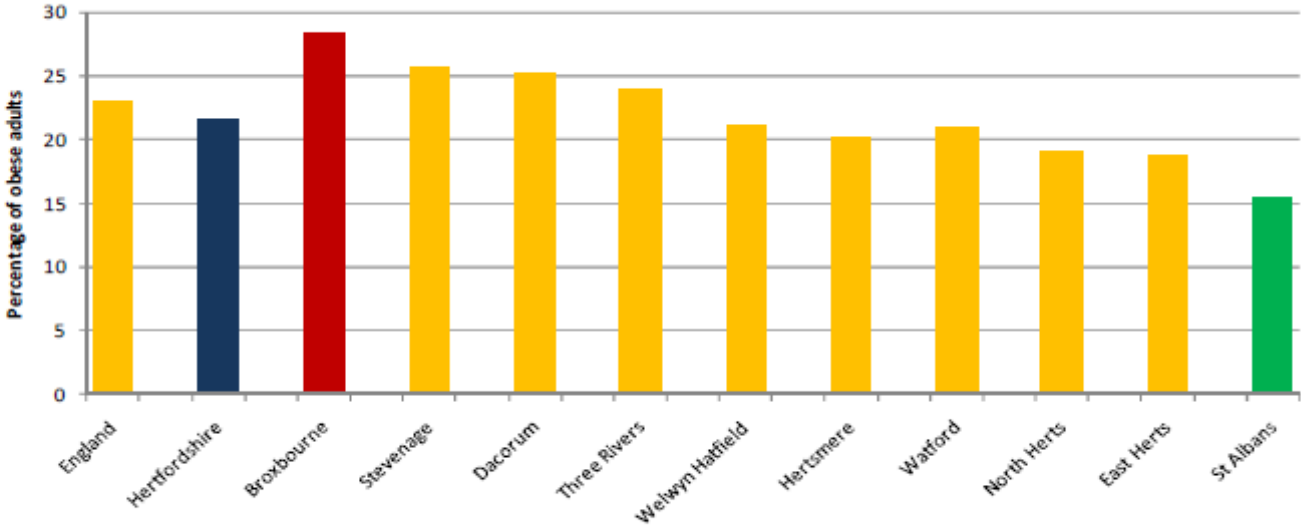
### Smoking Prevalence



Source: Integrated Household Survey analysed by Department of Health and published by Public Health England.

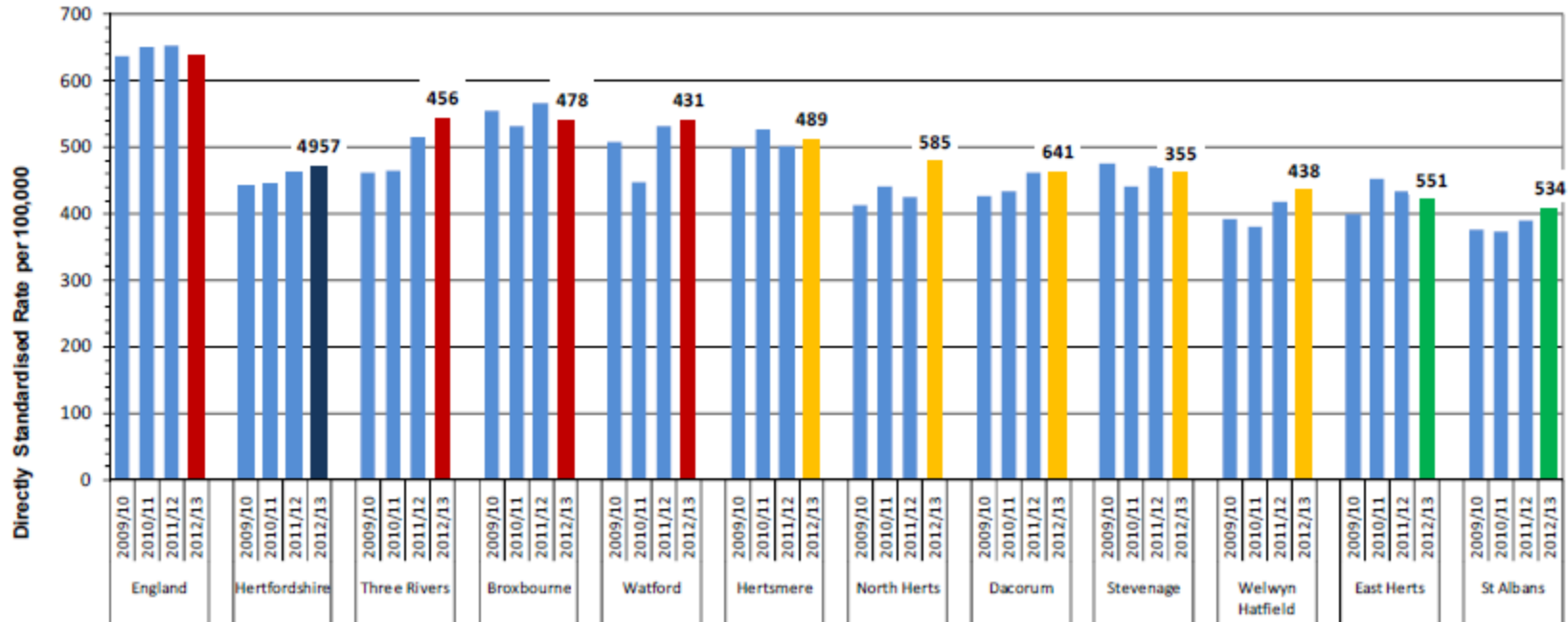
**Figure 13.** Percentage of adults 18 and over who smoke. Red indicates significantly worse than Hertfordshire average, Yellow indicates not significantly different, Green indicates significantly better. Blue is previous years.

### Obese Adults in 2012



Source: Active People Survey, Sport for England

### Hospital Stays for Alcohol Related Harm



Source: Hospital Episode Statistics (HES) via Health and Social Care Information Centre (HSCIC)

**Figure 19.** Number of admissions for alcohol-attributable conditions, directly age and sex standardised rates, all ages, admissions per 100,000 European Standard Population. The numbers above the graph bars are the number of hospital admissions. Red indicates significantly worse than Hertfordshire average, Yellow indicates not significantly different, Green indicates significantly better. Blue is previous years.

## Recorded diabetes



Source: QualityManagementAnalysis System (QMAS) via the Health and Social Care Information Centre (HSCIC)

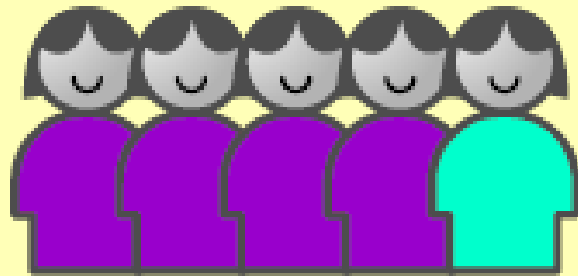
**Figure 21.** The prevalence of Quality and Outcomes Framework (QOF)-recorded diabetes in the population registered with GP practices aged 17 years and over. The numbers above the graph bars are the number of people recorded to have diabetes in 2012/13. Red indicates significantly worse than Hertfordshire average, Yellow indicates not significantly different, Green indicates significantly better. Blue is previous years.



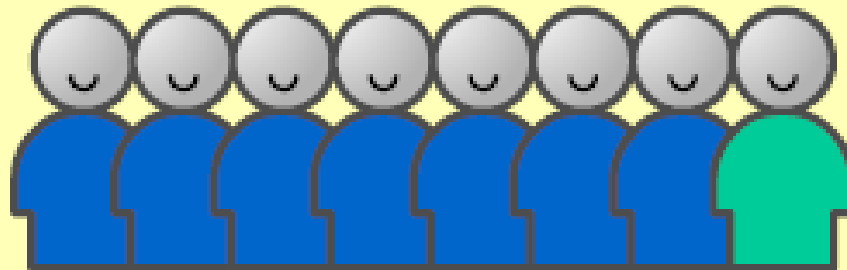
**16**

% of Hertfordshire residents are  
estimated to have a common  
mental health problem

## Common Mental Health Problems



**1 in 5 Females**



**1 in 8 Males**

Aged 18-64, are estimated to have a  
common mental health problems

7.2

% of Hertfordshire residents are  
estimated have 2 or more psychiatric  
disorders  
(49,898 people)

# Mental Health

- Biggest single cause of sickness absence
- Mostly avoidable or remediable at early stages
- Significant cause of ET claims and workplace disputes
- Area most employers feel least prepared for
- 1 in 4 of population have in lifetime
- 1 in 3 of workforce report sickness absence around it
- Significant avoidable cost to public services

- Hertfordshire lower than national rates for estimated rates of children and adolescents with different mental disorder due to lower deprivation
- Estimated numbers with different mental disorder in Hertfordshire:
  - Conduct disorder: 3.2% - 5.8% (7,196 5-16 year olds)
  - Emotional disorder: 2.1% - 3.9% (4,797 5-16 year olds)
  - Hyperkinetic disorder: 1.5% - 2.2% (3,029 5-16 year olds)
  - Autistic spectrum disorder: 4,054 under 18 year olds
- Lack of data re numbers receiving treatment
- Admissions in Hertfordshire compared to regional or national rates
  - Lower mental disorder admission rate for under-18 year olds
  - Lower alcohol related admission rate for under-18 year olds
  - Lower substance misuse admission rate
  - Lower self-harm emergency admission rate for under-18 year olds

## Common mental disorder

- Proportion of adults in England in previous week with (McManus et al, 2009)
  - At least one common mental disorder: **17.6%**
  - Depressive episode: **2.6%**
  - Mixed anxiety and depressive disorder: **9.7%**
  - Anxiety disorders which include
    - Generalised anxiety disorder: **4.7%**
    - Phobias: **2.6%**
    - Obsessive compulsive disorder: **1.3%**
    - Panic disorder: **1.2%**
    - Post traumatic stress disorder: **3.0%**
- Proportion of adults in England with a common mental disorder who were receiving treatment: **24%** (McManus et al, 2009)

# Challenges

- Too many people falling avoidably into mental ill health
- Too many people reducing resilience through not managing stress
- Too much social isolation
- Too much sedentary lifestyle and avoidable disability because of it
- Population with more stress points along the life journey than we often think
- Obesity on increase

[www.hertsdirect.org](http://www.hertsdirect.org)



# Some Health Inequalities in Herts

- Differs by area
- Making progress on Smoking, Suicide
- More to do on
  - Accumulation of Mental Ill Health
  - Accumulation of Avoidable CVD, Diabetes, Cancer Risk
  - Under 25 Road Traffic Accidents



# Some challenges

- Austerity climate, we need to do more joined up together
- Sedentary Lifestyles
- Lack of social connection
- Lack of culture
- Govt announces consultation on 7% cuts to public health budgets - we all need to input to the consultation
- Joining up preventive action to save public money and keep people better longer

[www.hertsdirect.org](http://www.hertsdirect.org)



# Not just mental health, long term conditions are important applications for arts and culture. Why?

- Resilience,
- Coping
- Meaning
- Purpose
- Control
- Pain Management
- Social Contact

# Do something Different..

- Programme running in Herts
  - 50% of our cohort of 780 people had visited a Hertfordshire amenity for the first time in six months!
  - Reports of wellbeing improvements for them
  - Do something different for diabetes has now launched
  - [www.hertsdirect.org/dosomething](http://www.hertsdirect.org/dosomething)
  - <http://dsd.me/>
- [www.hertsdirect.org](http://www.hertsdirect.org)



# Premature death in Hertfordshire

- The causes of premature mortality can be grouped into four main conditions which account for around 80% of premature deaths. These are:
- cancer
- heart disease and stroke
- lung disease
- liver disease

# Ambitions for the future

- Outcomes
- Prevention – system wide and contribution of arts and wellbeing
- A public health mindset
  - What population? Where are we?
  - what issue/need? Where do we want to be?
  - What outcomes do we want? How do we get there? (1,2)
  - What interventions fit best?
  - How do we know it's working? Are we there yet?