

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation).

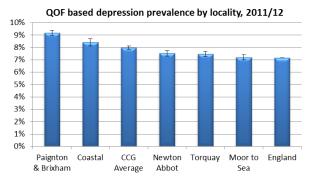
Mental ill health currently represents up to 23% of the total burden of ill health in the UK and is the largest single cause of disability. Nearly 11% of England's annual secondary care health budget is spent on mental health, with estimates suggesting that the cost of treating mental health problems could double over the next 20 years (HM Government, 2011, No Health without Mental Health).

Around 1 in 4 people will experience a mental health problem at some point in their life and one in six adults has a mental health problem at any one time.

Depression is quite common and affects about 1 in 10 of us at some point. It affects men and women, young and old. Depression can also strike children. Studies have shown that about 4% of children aged 5 to 16 in the UK are affected by depression.

Across South Devon there are some **23,000 on the depression disease register**, or around 8% of the total population.

Figure 1: Depression disease register



Source: QMAS

There are estimated to be around **5,900** suffering with depression, including **1,900** suffering with severe depression, in the over 65 age group across South Devon.

Incapacity benefits are the main benefit paid to people who cannot work as a result of a health condition or disability; however this is changing to Employment and Support Allowance (ESA).

Figure 2: Incapacity benefit claimants

Rate of incapacity benefit with mental or behavioural problems per 1,000 working age population, 2012/13

20
18
16
14
12
10
Torquay Paignton & Coastal CCG Average Moor to Sea England Newton Abbot

Source: Nomis (resident based estimates)

There are, on average, around 1.5 emergency hospital admissions per day where the primary diagnosis is for mental or behavioural disorders across South Devon.

A three year average directly age standardised rate shows that Torquay has the highest rates of emergency admission.

Figure 3: Emergency hospital admissions

3 year average (2010/11 to 2012/13) directly age standardised rate of emergency hospital admissions per 100,000 registered patients where the primary diagnosis is for a mental or behavioural disorder (ICD10 F00 - F99)

Source: Hospital admissions (SUS)



A crude rate by age group shows that emergency admissions are generally highest in the over 65 age group. However, in Torquay the rate is highest for those aged under 65. Coastal have the highest levels for the under 19 age group.

Figure 4: Crude admission by age

3 year average (2010/11 to 2012/13) crude rate per 100,000 for emergency hospital dmissions where the primary diagnosis is for a mental or behavioural disorder (ICD10 F00 - F99) by age group 400 350 per 10,000 300 250 200 150 100 Moor to Sea Newton Abbot Paignton & CCG Average ■0 to 19 years ■ 20 to 64 years ¥65+ years

Source: Hospital admissions (SUS)

largest diagnosis group within disease chapter for both primary secondary diagnosis are for conditions relating to ICD10 codes F10 to F19; Mental and behavioural disorders due to psychoactive substance use. This includes use of drugs and alcohol.

Figure 5: Admissions by chapter section

3 year annual average number of emergency admissions with

a diagnosis of mental or behavioural disorders (F00 - F99) by
chapter section

Source: Hospital admissions (SUS)

Primary diagnosis

The largest numbers of secondary diagnoses codes are for:

■ Secondary diagnosis

ICD10	Description
F171	Smoking
F03	Dementia
F32	Depressive episode
F10	Alcohol

Harmful use of smoking (F171) is a secondary diagnosis for conditions such as COPD and other respiratory diseases. Dementia and depressive episodes are secondary diagnosis for various primary diseases. Alcohol is generally associated with digestive diseases.

There are, on average, around **30 suicides** across South Devon per year (2003 to 2009 annual average).

The overall rate of suicides per 100,000 registered population has generally been similar to the national average, however the rate has shown an increase in recent years.

Figure 6: Suicides in South Devon over time
3 year pooled directly age-standardised rates (DSR) per 100,000 for

mortality from suicide and injury undetermined, South Devon & Torbay compared to England over time 14 12 100,000 10 per 1 DSR 2003-2005 2004-2006 2005-2007 2006-2008 2007-2009 2008-2010 ■ England SD&T CCG

Source: Primary Care Mortality Database

18

14

12 10 8

6

0

Torquay

per 100,000

Torquay shows to have the highest overall rate of suicide over the 9 year period.

Figure 7: Suicides in South Devon by locality

Directly age-standardised rates (DSR) per 100,000 for mortality from

suicide and injury undetermined across South Devon & Torbay localities (pooled 2003 to 2011)

Coastal

Paignton &

Newton Abbot

Source: Primary Care Mortality Database

Moor to Sea CCG Average