

# **Inequalities in mental health:**

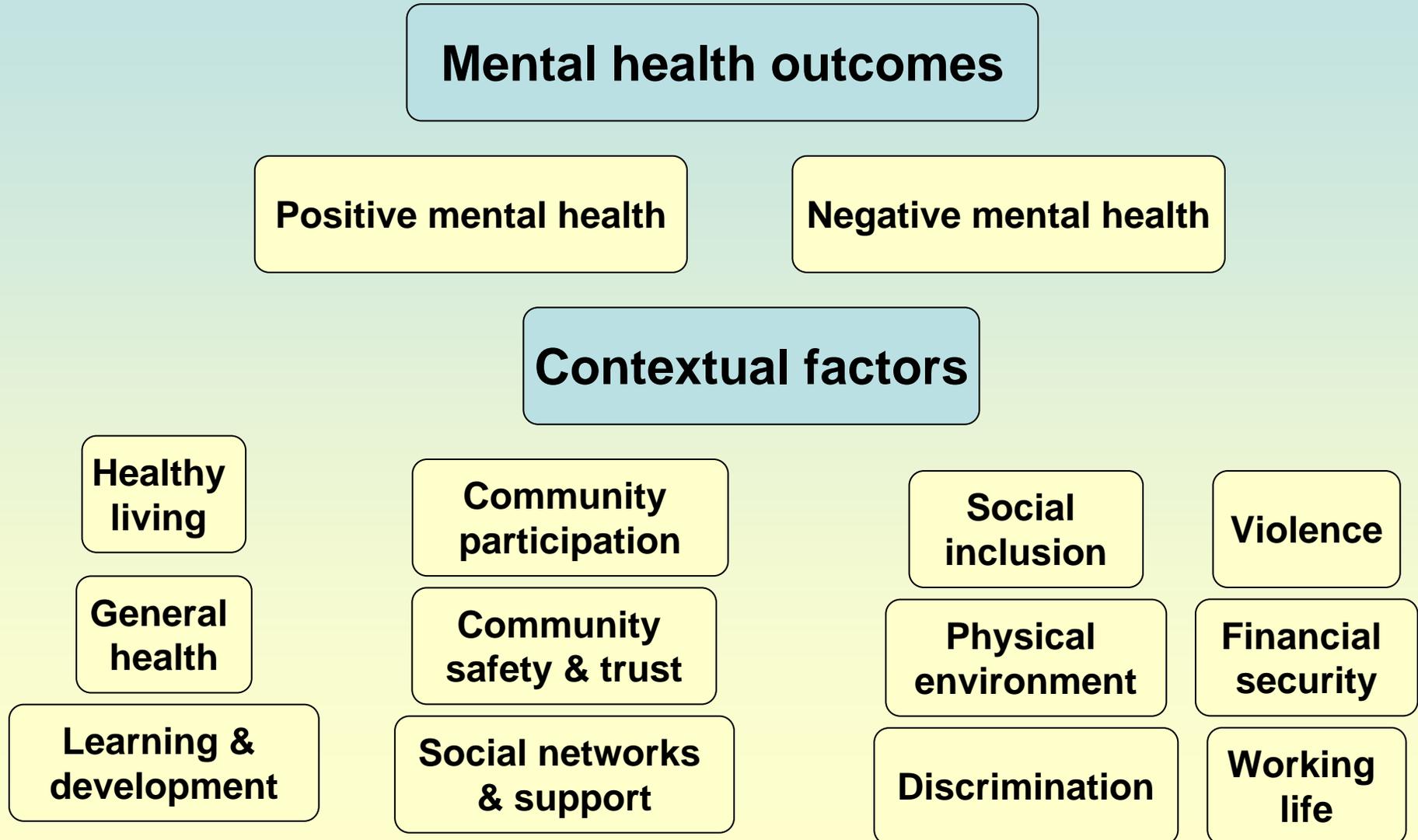
# **Mental Health in Focus**

# **PHINS 2011**

Deborah Shipton,  
Glasgow Centre for Population Health



# National mental health and wellbeing indicators



# Scotland's Mental Health and its Context: Adults 2009

February 2009



<http://www.scotpho.org.uk/home/Publications>



**Mental Health in Focus:**  
A Profile of mental health and wellbeing in Greater Glasgow & Clyde

# 51 indicators

## Inequalities

**Sex**

**Geography**

**Age**

**Area  
deprivation**

# Selected Findings

Inequalities

```
graph TD; A[Inequalities] --> B[Sex]; A --> C[Geography]; A --> D[Age]; A --> E[Area deprivation];
```

**Sex**

**Geography**

**Age**

**Area  
deprivation**

# Selected Findings

Inequalities

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graph TD; A[Inequalities] --> B[Sex]; A --> C[Geography]; A --> D[Age]; A --> E[Area deprivation];
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Sex

Geography

Age

**Area  
deprivation**

# Selected Findings

Inequalities

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graph TD; A[Inequalities] --> B[Sex]; A --> C[Geography]; A --> D[Age]; A --> E[Area deprivation];
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Sex

**Geography**

Age

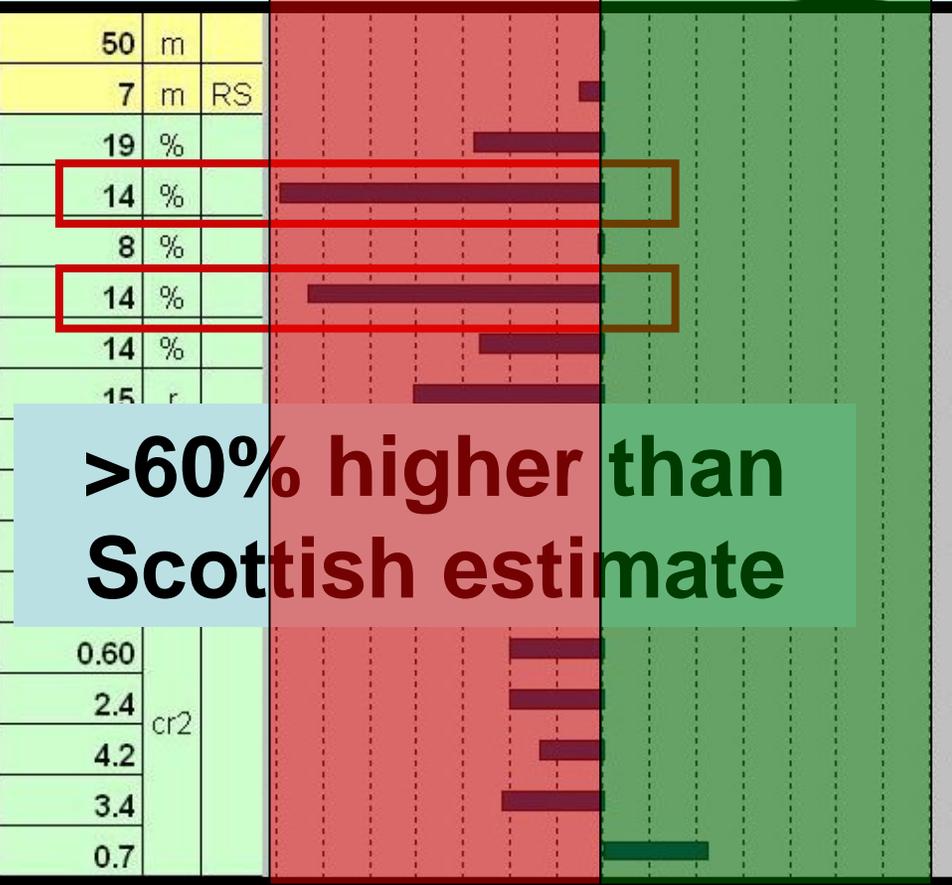
Area  
deprivation

Indicator		Measure	U	C	- (Worse)	Scottish Average (%)	(Better)	+	Time Period	Data
<b>High Level Mental Health Outcomes</b>										
Peak MH	1	Positive mental health (WEMWBS)	50	m					2008	
	2	Life satisfaction	7	m	RS				2008	
Negative mental health outcomes	3	Common mental health problems (GHQ-12)	19	%					2008	
	4.1	Self-reported depression	14	%					2008	
	4.2	Diagnosed depression (QOF)	8	%					2008/9	
	5	Anxiety	14	%					2008	
	6	Alcohol dependency	14	%					2008	
	7	Mental health related drug deaths	15	r					2009	
	8	Mental health related alcohol deaths	8	r					2007/9	
	9	Suicide	21	r					2009	
	10.1	Psychosis patients	0.7	%	P				2005/10	
	11.1	ALL Psychiatric discharges	14							
	11.3	Drug-related discharges	0.60							
	11.4	Alcohol-related discharges	2.4		cr2				2007/9	
	11.5	Mood-related discharges	4.2							
	11.6	Schizophrenia & related discharges	3.4							
11.7	Neurotic & related discharges	0.7								
<b>Contextual Factors: Individual &amp; Behavioural</b>										
LD	20	Adult learning	47	%					2009	*2
	21	Physical activity	41	%					2008	
Healthy living	22	Healthy eating	20	%					2008	
	23	Alcohol consumption - within recommended levels	75	%					2008	
	24	Alcohol consumption - units on heaviest day	8	u					2008	
	25	Drug use	14	%					2008	
General health	26	Self-reported health	72	%					2008	
	27	Long-standing physical condition or disability	34	%					2008	
	28	Limiting long-standing physical condition or disability	22	%					2008	
<b>Contextual Factors: Community and Structural</b>										
Comm. particip.	30	Volunteering	18	%					2007/8	
	31	Involvement in local community	24	%					2009	
	32	Influencing local decisions	20	%					2009	
Social networks & support	33	Social contacts	93	%					2009	
	34	Social support	86	%					2009	
	35	Caring	5	%					2008	
Community safety & trust	36	General trust	43	%					2009	
	37	Neighbourhood trust	45	%					2009	
	38	Neighbourhood safety	69	%					2007/8	
	39	Home safety	96	%					2007/8	
	40	Perception of local crime	65	%					2008	
41.1	Non-violent neighbourhood crime: survey data	13	%					2008		
Social inclusion	42.1	Worklessness (1) workless adults who want to work	11	%					2009	
	42.2	Worklessness (2) Job Seeker Allowance claimants	5	%					July-Sept 2008	*2
	42.3	Worklessness (3) all mental health ID claimants	55	cr2					2008	*2
	43	Education	84	%					2008	*2
Discrim.	44	Victim of discrimination	12	%					2009	
	45	Perception of racial discrimination in Scotland	19	%					2008	
	46	Victim of harassment	7	%					2009	
FS	47	Financial management	48	%					2007/8	
	48	Financial inclusion	98	%					2007/8	
Physical environment	49	Neighbourhood satisfaction	90	%					2007/8	
	50	Noise	16	%					2005/8	
	51	Greenspace	70	%					2007/8	
	52	House condition	82	%					2005/8	
	53.1	Overcrowding (subjective)	15	%					2005/8	
53.2	Overcrowding (objective)	4	%					2005/8		
Working Life	54	Stress	17	%					2009	
	55	Work-life balance	6	m					2009	
	56	Working life demands	30	%					2009	
	57	Working life control	59	%					2009	
	58	Manager support	64	%					2009	
59	Colleague support	76	%					2009		
Violence	60.1	Partner abuse (survey data)	5	%					2008	
	60.2	Partner abuse (police data - single year)	64	as3	G				2009/10	n/a
	61.1	Neighbourhood violence (survey data)	3	%					2008/9	
	61.2	Violent crime - offenders	84	as3	G				2009/10	n/a
	Violent crime - victims	154						2009/10	n/a	

# Spine chart: Greater Glasgow & Clyde

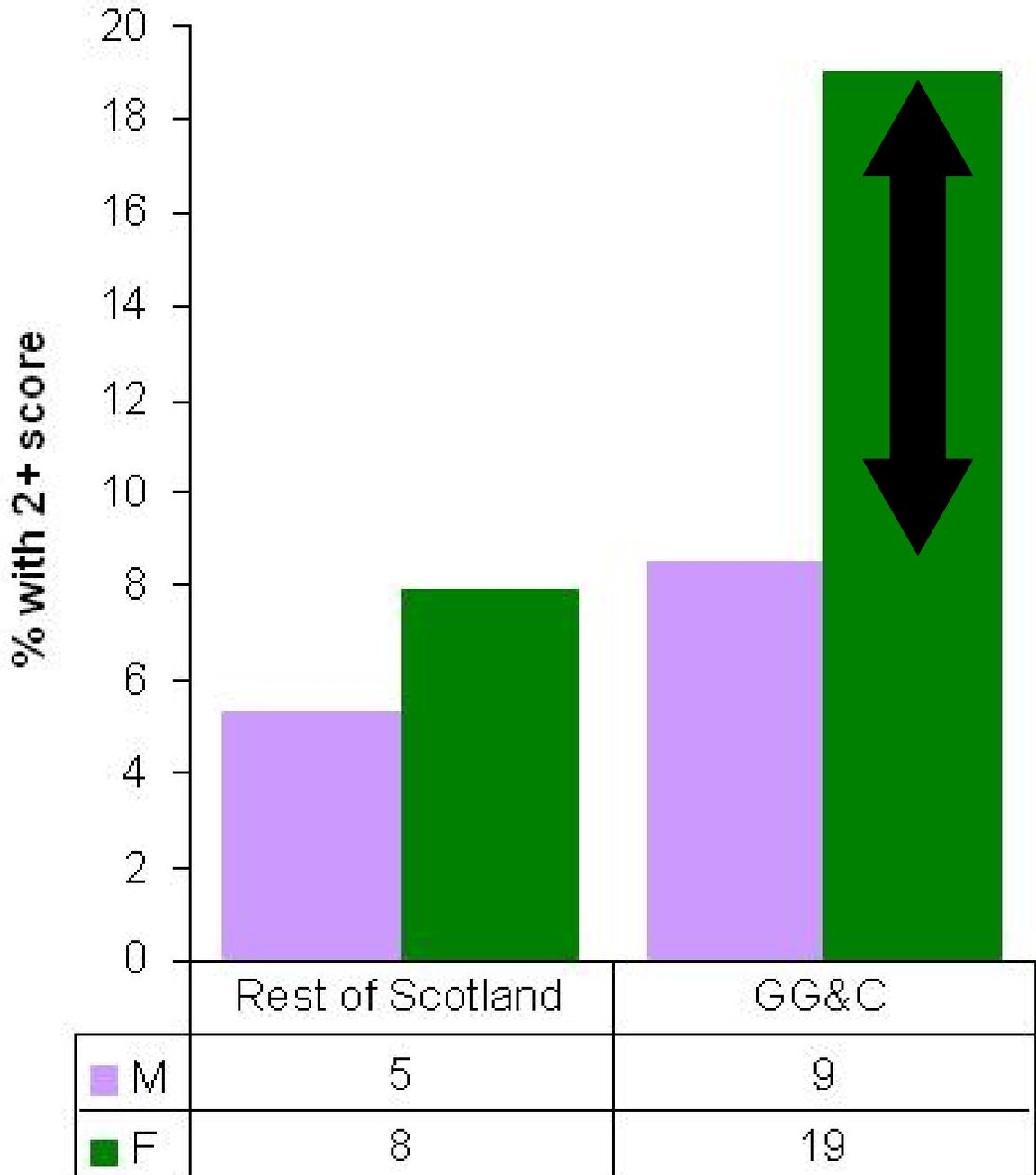
Indicator	Measure	U	C	(Worse)	Scottish Average (%)1	(Better)	+	Time Period	Data
Positive mental health (WEMWBS)	50	m						2008	
Life satisfaction	7	m	RS					2008	
Common mental health problems (GHQ-12)	19	%						2008	
Self-reported depression	14	%						2008	
Diagnosed depression (QOF)	9	%						2008/9	
Anxiety	14	%						2008	
Alcohol dependency	14	%						2008	

1	Positive mental health (WEMWBS)	50	m	
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3	Common mental health problems (GHQ-12)	19	%	
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6	Alcohol dependency	14	%	
7	Mental health related drug deaths	15	r	
8	Mental health related alcohol deaths			
9	Suicide			
10.1	Psychosis patients			
11.1	ALL Psychiatric discharges			
11.3	Drug-related discharges	0.60		
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11.6	Schizophrenia & related discharges	3.4		
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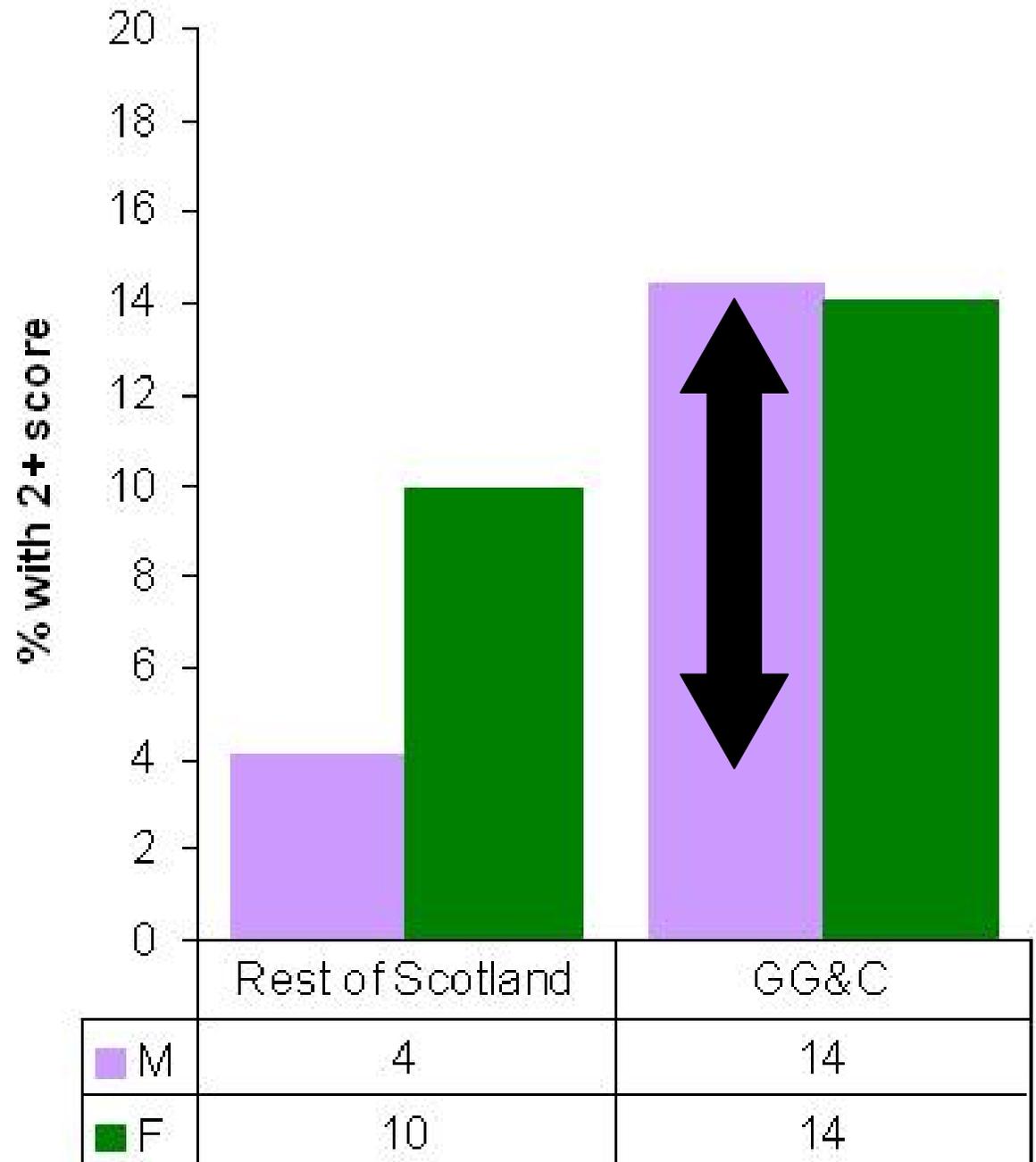


51	Greenspace	70	%		-7	2007/8
52	House condition	82	%		-2	2005/8
53.1	Overcrowding (subjective)	15	%		+1	2005/8
53.2	Overcrowding (objective)	4	%		-33	2005/8
54	Stress	17	%		-15	
55	Work-life balance	6	m		-5	
56	Working life demands	30	%		-20	2009
57	Working life control	59	%		-7	
58	Manager support	64	%		-1	
59	Colleague support	76	%		-4	
60.1	Partner abuse (survey data)	5	%		0	2008
60.2	Partner abuse (police data - single year)	64	as3	G	n/a	2009/10
61.1	Neighbourhood violence (survey data)	3	%		-50	2008/9
61.2	Violent crime - offenders	84	as3	G	n/a	2009/10
61.2	Violent crime - victims	154			n/a	

# Depression



# Anxiety



# Contextual factors

**Healthy  
living**

**General  
health**

**Learning &  
development**

**Community  
participation**

**Community  
safety & trust**

**Social networks  
& support**

**Social  
inclusion**

**Physical  
environment**

**Discrimination**

**Violence**

**Financial  
security**

**Working  
life**

# Community participation

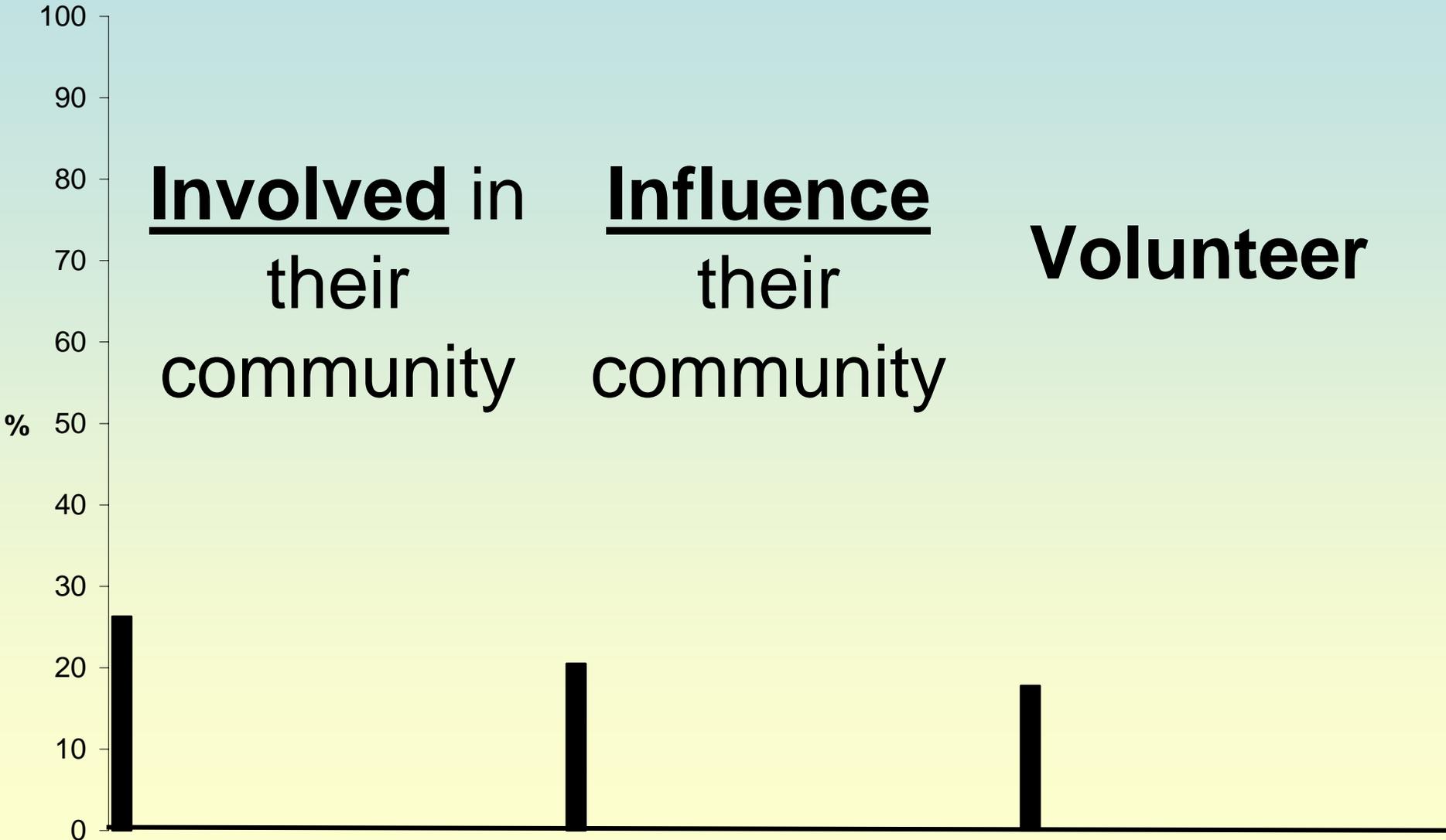
Low levels of community participation

Scotland & GG&C

**Involved** in  
their  
community

**Influence**  
their  
community

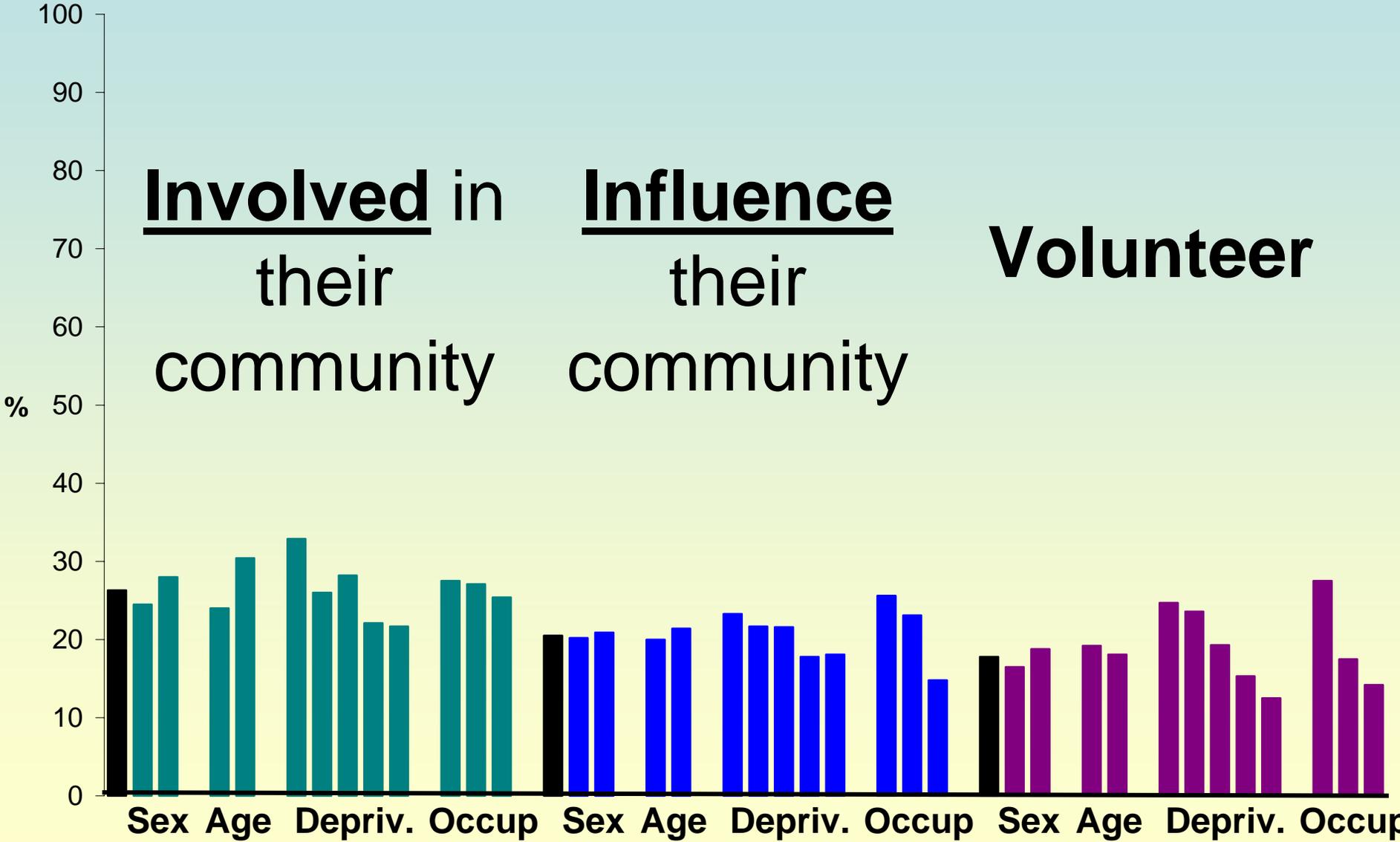
**Volunteer**



**Involvement** in  
their  
community

**Influence**  
their  
community

**Volunteer**



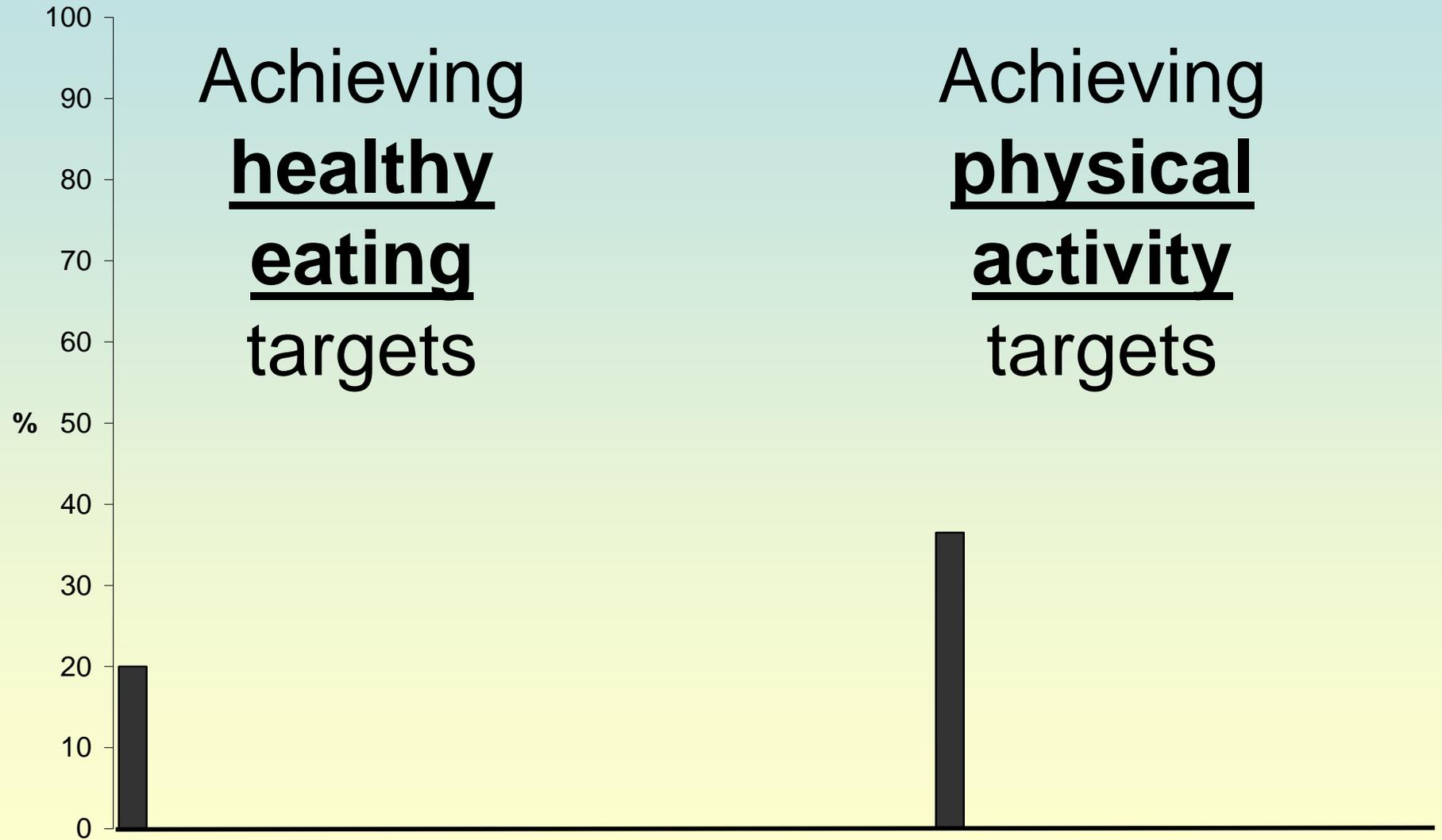
# Healthy living:

The minority have a healthy lifestyle

Scotland & GG&C

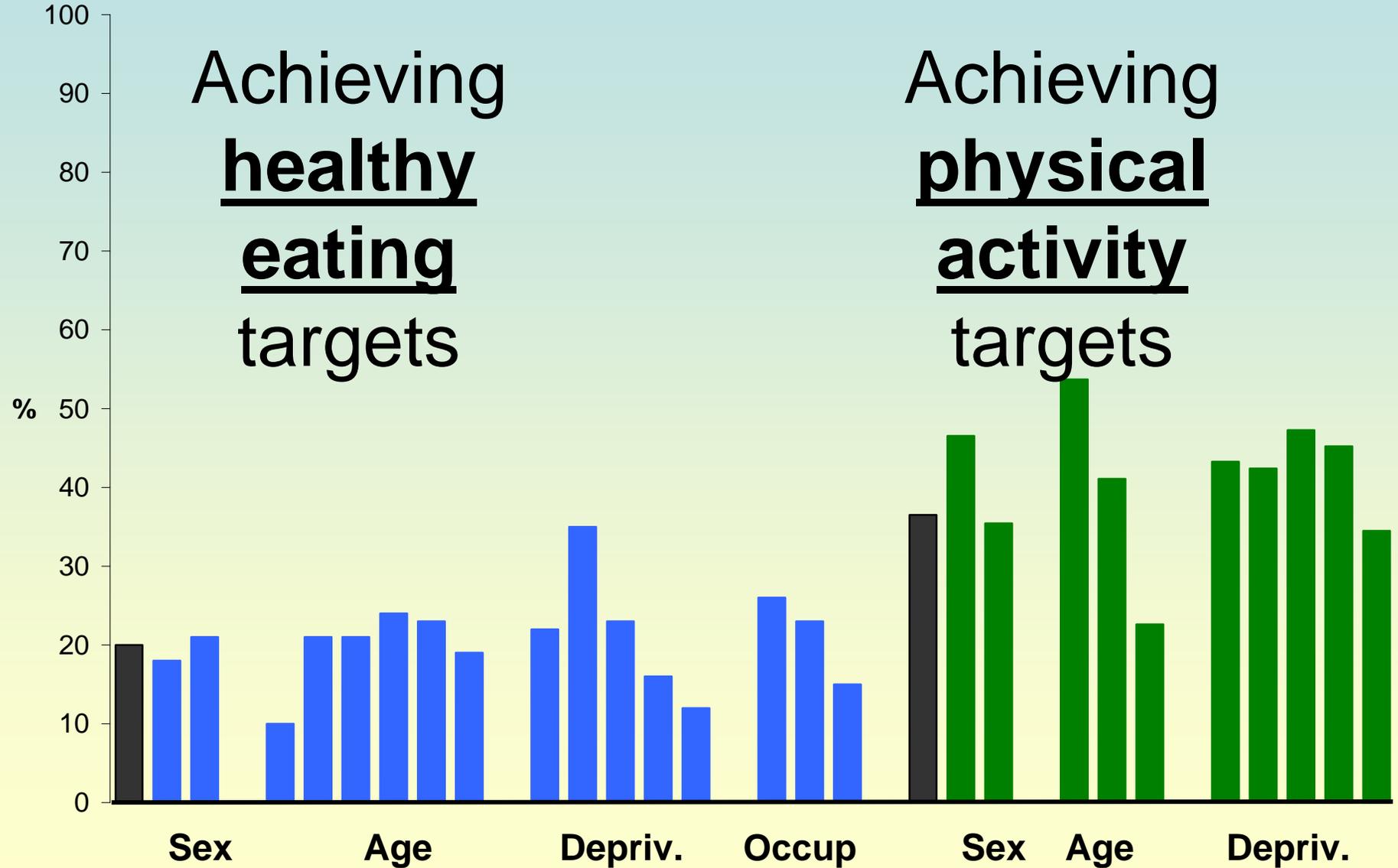
Achieving  
healthy  
eating  
targets

Achieving  
physical  
activity  
targets

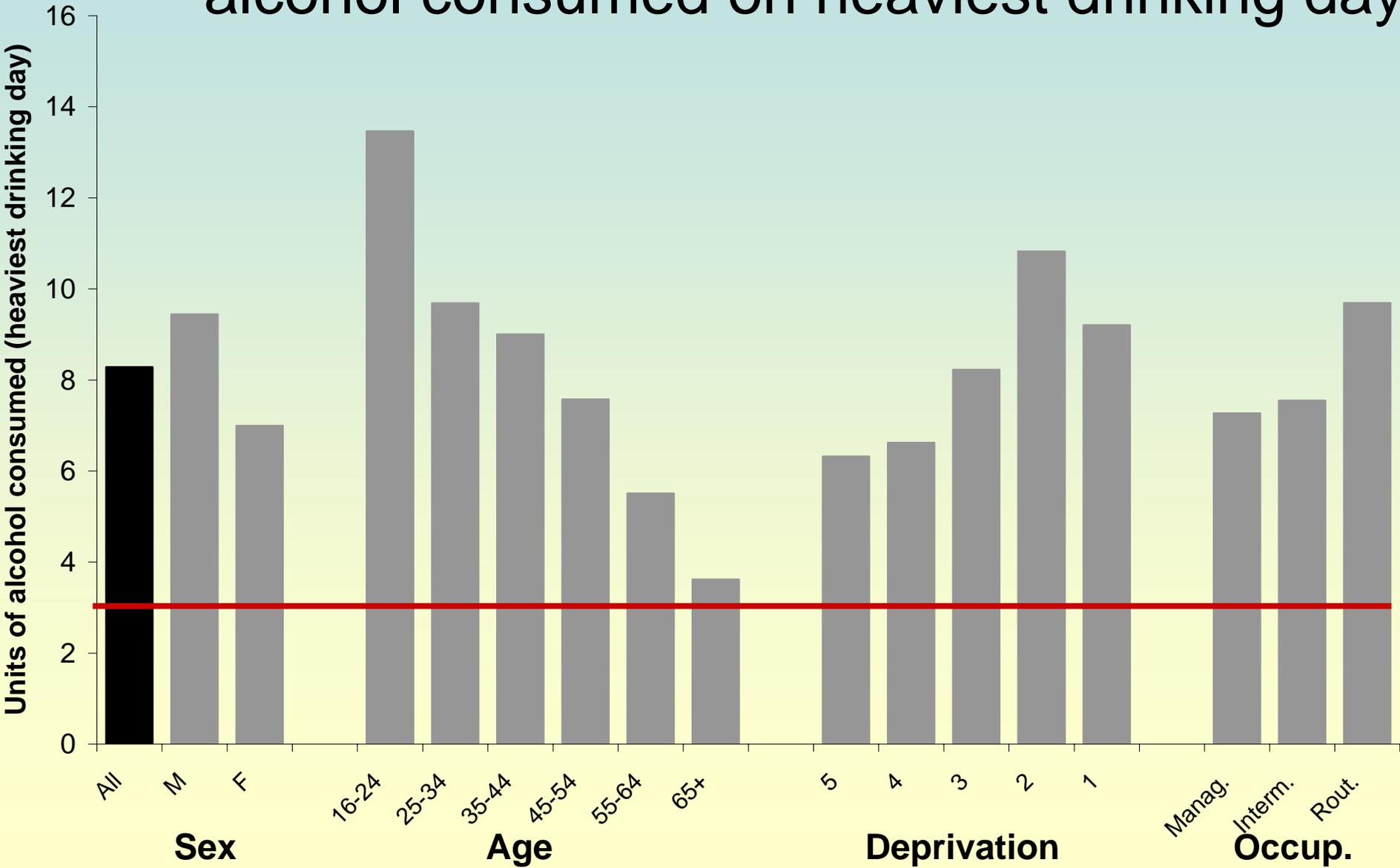


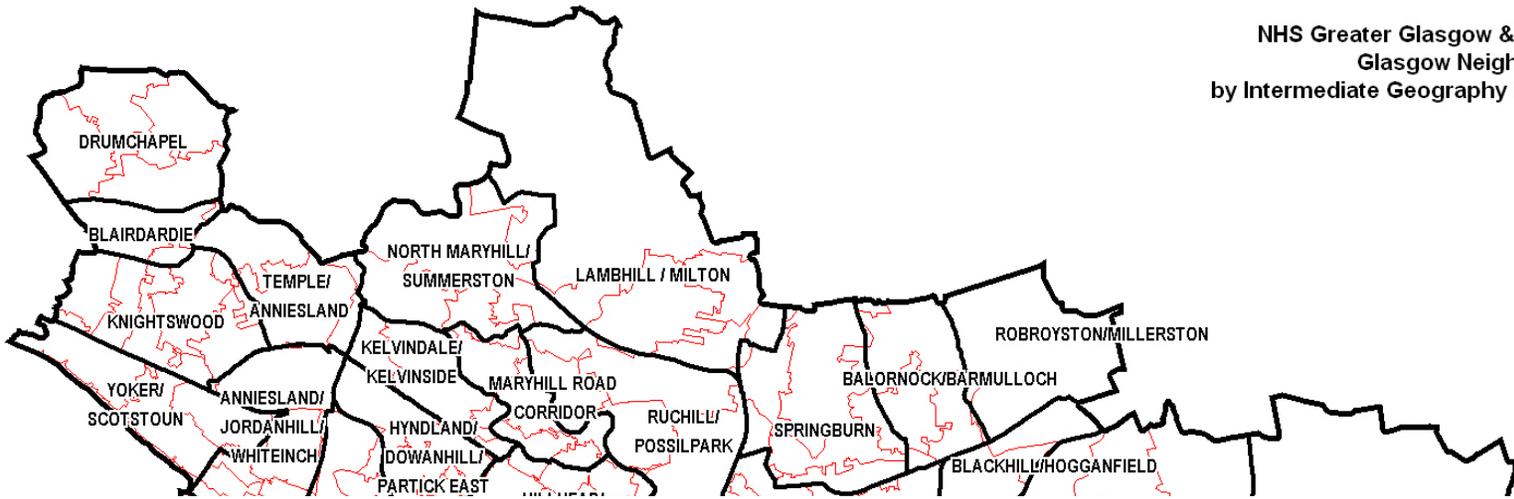
# Achieving healthy eating targets

# Achieving physical activity targets

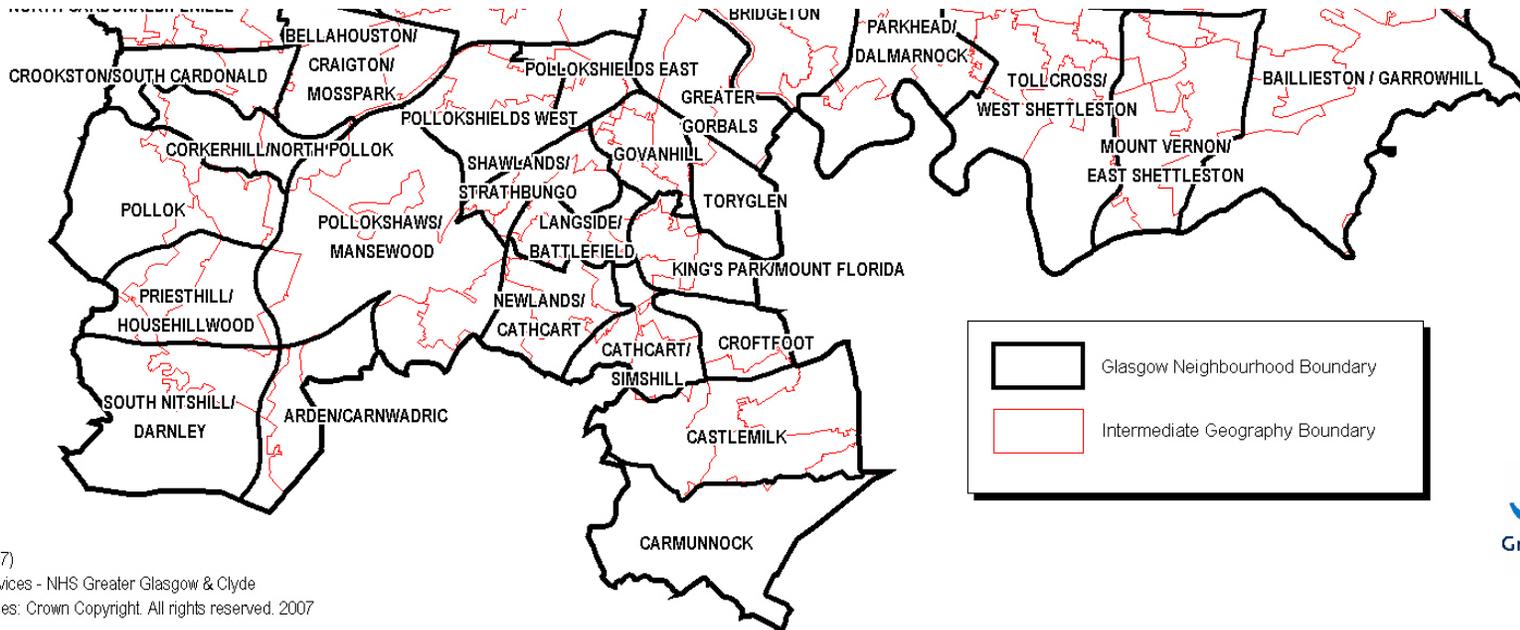


# Alcohol consumption: units (mean) of alcohol consumed on heaviest drinking day





# Geographical information



	Glasgow Neighbourhood Boundary
	Intermediate Geography Boundary







# Out performing the deprivation profile.....

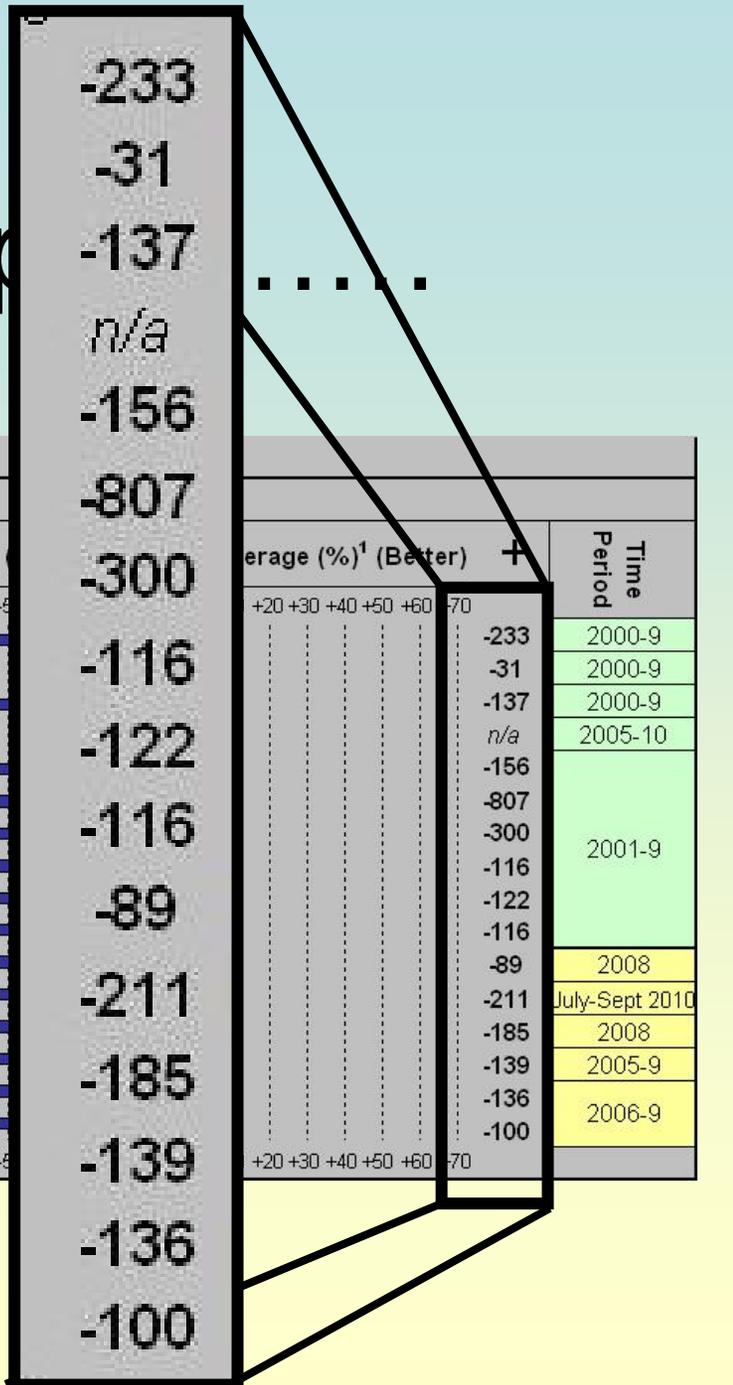
## Johnstone South West

	Indic. no.	Indicator	Number	Measure	U	C	- (Worse) Scottish Average (%) <sup>1</sup> (Better) +		Time Period
Mental health outcomes	7	Mental health related drug deaths	2	5	cr		+29	2000-9	
	8	Mental health related alcohol deaths	5	14	cr		-63	2000-9	
	9	Suicide	8	19	cr		-2	2000-9	
	10.1	Psychosis patients	n/a	n/a	%	P	n/a	2005-10	
	11	All psychiatric discharges	233	19			-19	2001-9	
		Drug-related discharges	6	0			+23		
		Alcohol-related discharges	46	4	cr2	G	-72		
		Mood-related discharges	71	6			-31		
Schizophrenia & related discharges		39	3			+3			
	Neurotic & related discharges	14	1			-8			
Contextual factors	41.1	Police-recorded acquisitive crime	62	122	%	G	+48	2008	
	42.2	Worklessness: Job Seeker Allowance claimants	211	7	%		-66	July-Sept 2010	
	42.3	Worklessness: All mental health IB claimants	218	72	cr2		-73	2008	
	60.2	Partner abuse (police data)	129	50			-29	2005-9	
	61.2	Violent crime - offenders	226	110	cr3	G	-27	2006-9	
		Violent crime - victims	345	168			-11		



# Enduring blacksp

Paisley Ferguslie										
	Indic. no.	Indicator	Number	Measure	U	C	-	+	Time Period	
										70 -60 -50
Mental health outcomes	7	Mental health related drug deaths	7	23	cr		-233		2000-9	
	8	Mental health related alcohol deaths	3	11	cr		-31		2000-9	
	9	Suicide	14	45	cr		-137		2000-9	
	10.1	Psychosis patients	n/a	n/a	%	P	n/a		2005-10	
	11	All psychiatric discharges		375	41			-156		2001-9
		Drug-related discharges		53	6			-807		
		Alcohol-related discharges		80	9	cr2	G	-300		
		Mood-related discharges		88	10			-116		
Schizophrenia & related discharges		67	7			-122				
		Neurotic & related discharges	21	2			-116			
Contextual factors	41.1	Police-recorded acquisitive crime	176	438	%	G	-89		2008	
	42.2	Worklessness: Job Seeker Allowance claimants	334	12	%		-211		July-Sept 2010	
	42.3	Worklessness: All mental health IB claimants	310	119	cr2		-185		2008	
	60.2	Partner abuse (police data)	189	93			-139		2005-9	
	61.2	Violent crime - offenders		332	205	cr3	G	-136		2006-9
Violent crime - victims		492	304			-100				





**Prolonged association with  
alcohol & drugs:  
GG&C men**

# Drug & alcohol indicators

## Drugs:

consumption

psychiatric hospitalis

deaths

## Alcohol:

consumption

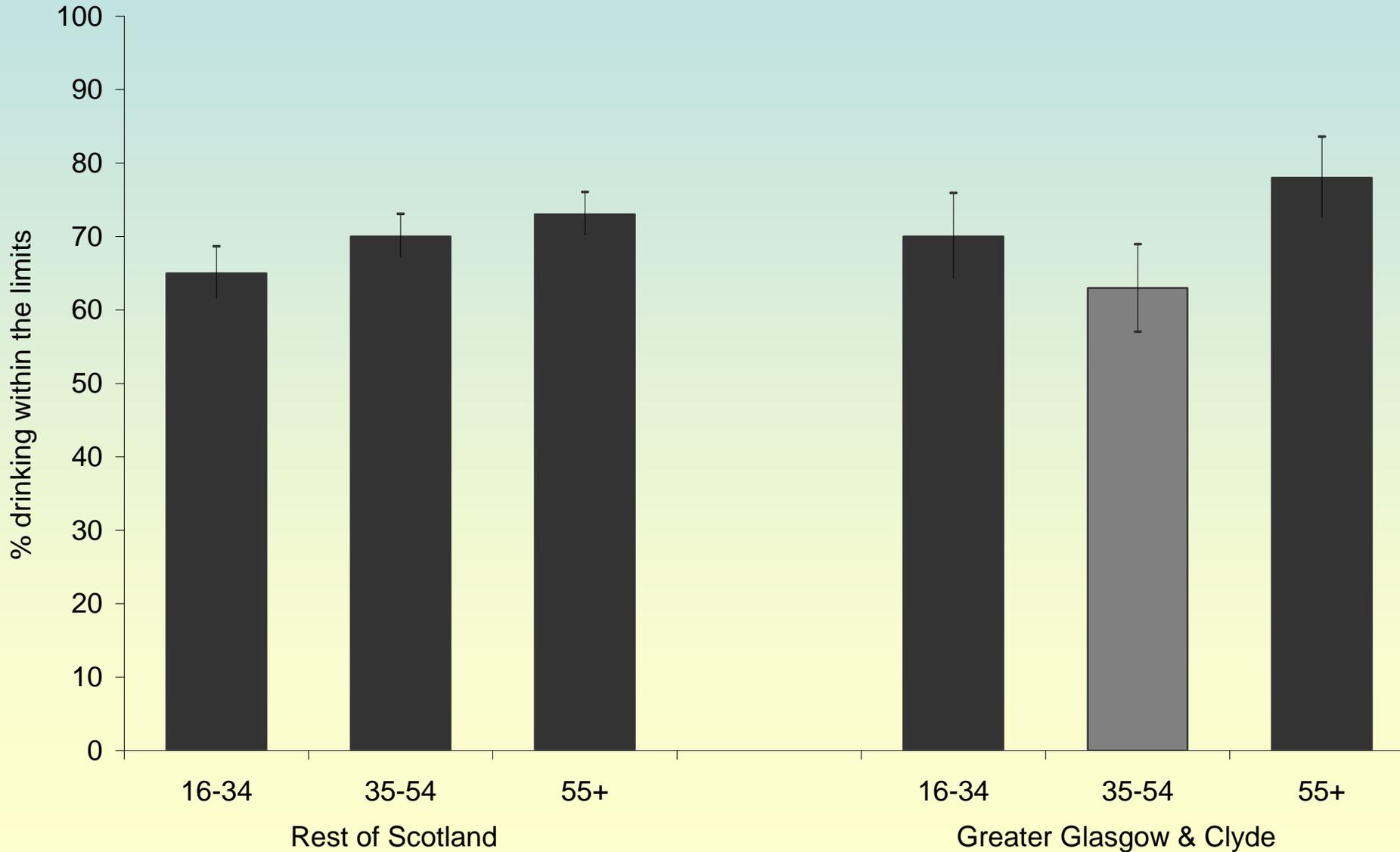
dependency

psychiatric hospitalisations

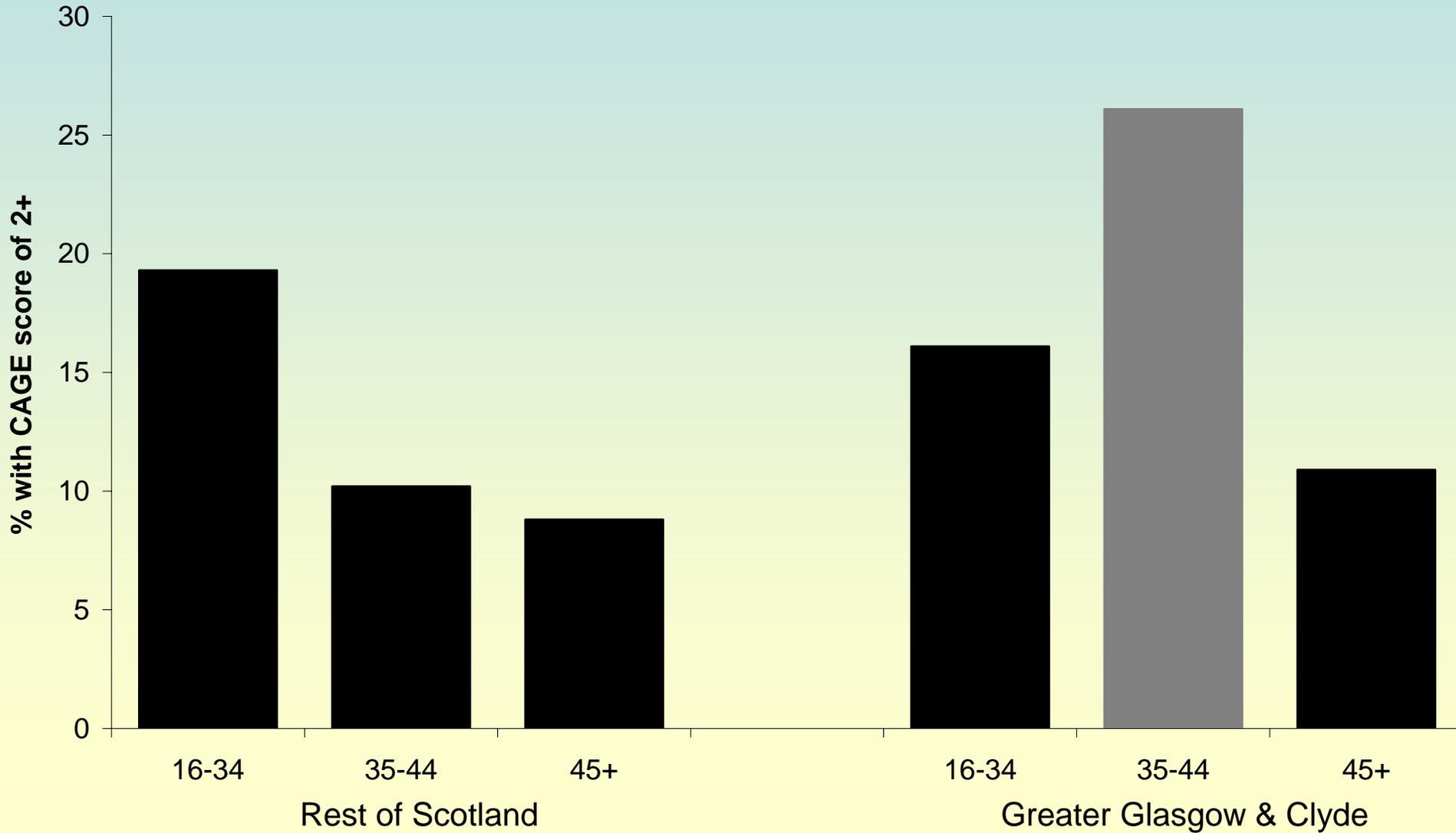
deaths

**Scotland:  
reduction in  
harm with age**

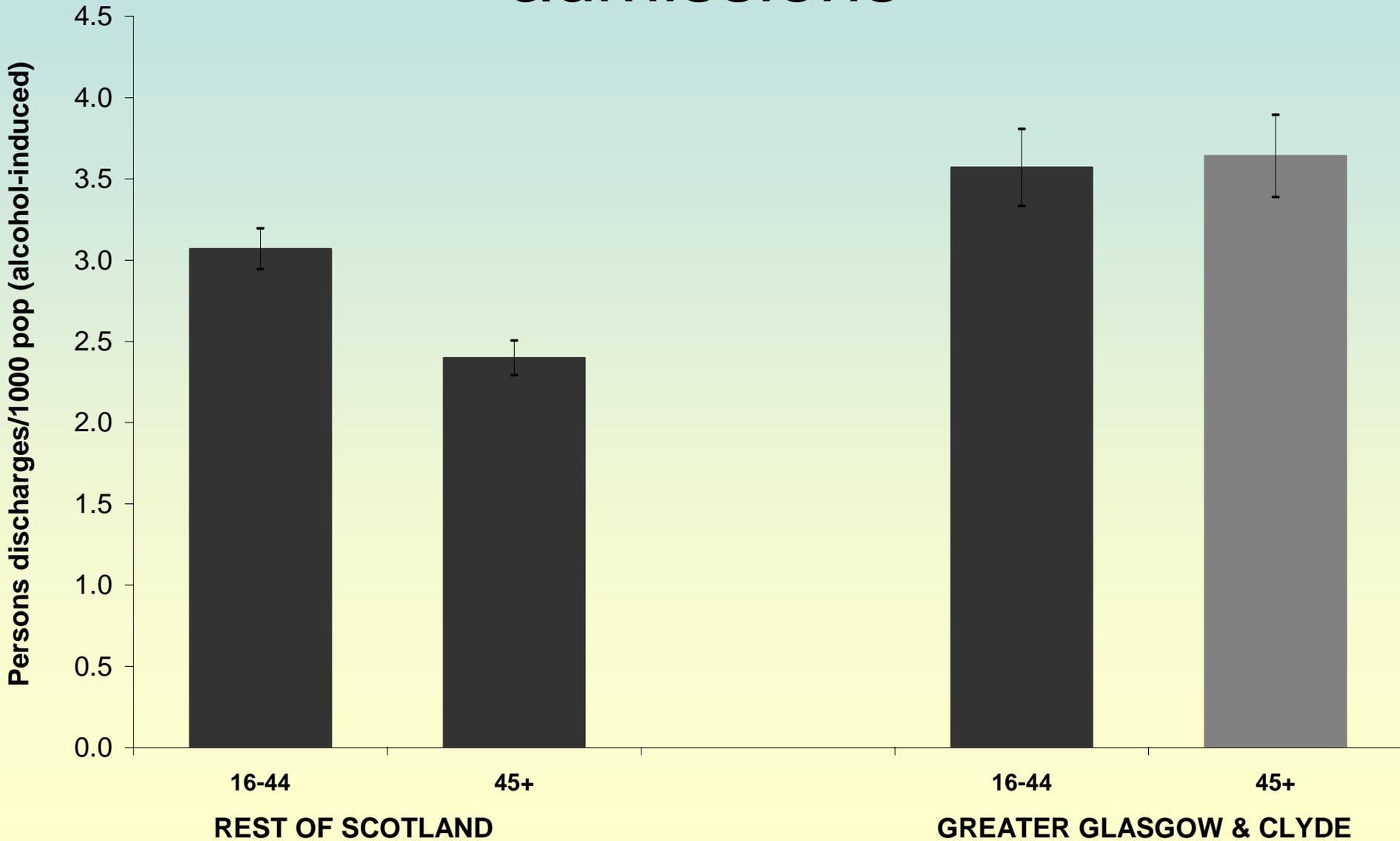
# ALCOHOL consumption



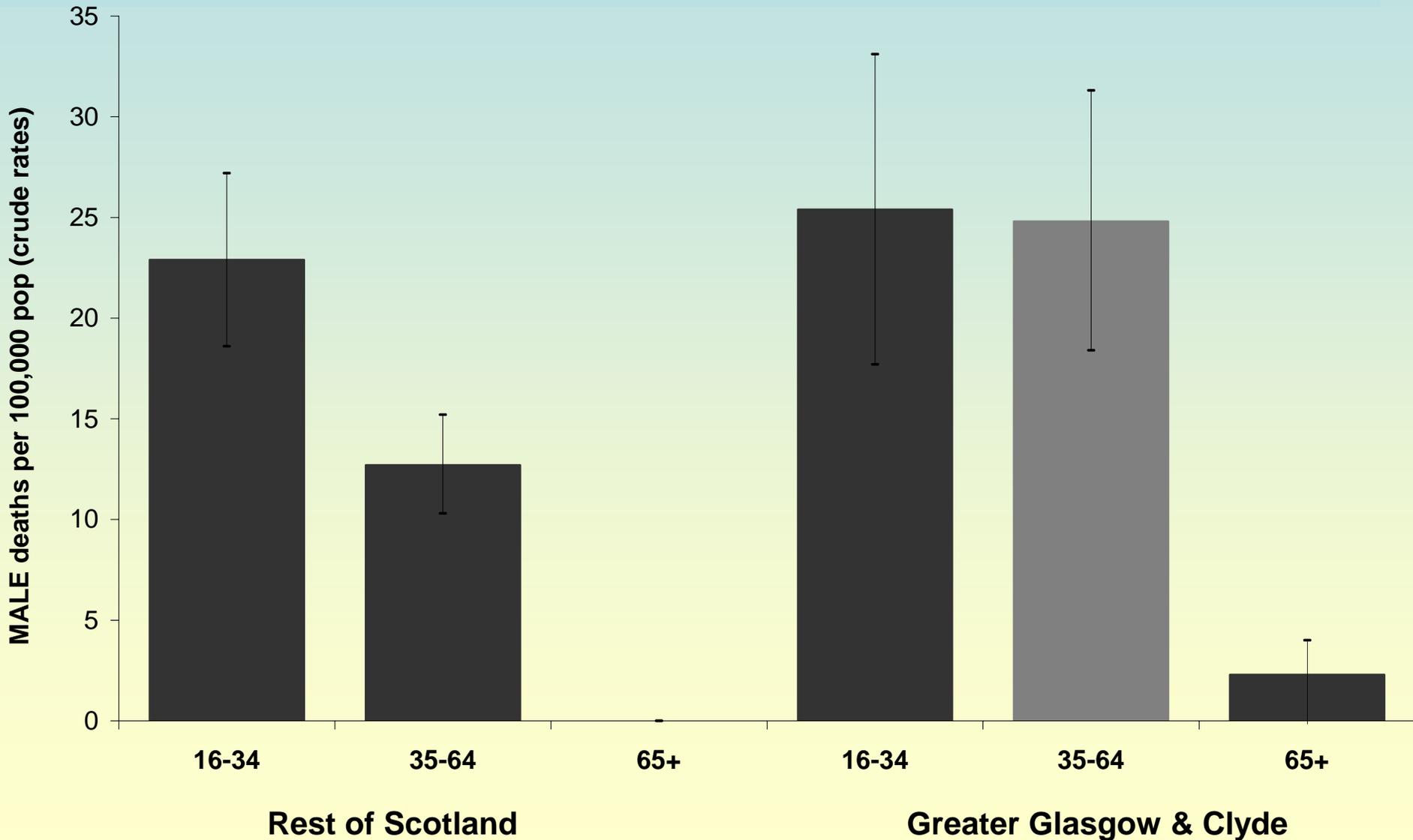
# ALCOHOL dependency



# ALCOHOL-related psychiatric hospital admissions



# Mental health related DRUG deaths





# **Inequalities in area deprivation**

# Alcohol

Consumption	1.1
Dependency	2.3
Psychiatric hospitalisation	>15
Deaths	7.5

**Inequalities across area deprivation**

# To Conclude

- Detailed picture of mental health
  - Contextual factors
  - Inequalities
- Enduring effects of alcohol and drugs
- Geographical black spots

Deborah.shipton@glasgow.gov.uk

[www.gcph.co.uk/mentalhealthprofiles](http://www.gcph.co.uk/mentalhealthprofiles)

Twitter: @theGCPH

# Extra Slides