Summary / Key Points

- The crude mental health prevalence is significantly worse than the England average.
- Total contacts per 100,000 to Mental Health Services are lower than the England Average.
- The Island has the highest recorded crude rate prevalence of Dementia in the UK.
- The crude depression prevalence for the Island is lower than the England average but not significantly.
- There is a significant difference across the Island with the South Wight Locality presenting a significantly higher recorded prevalence of depression.
- Suicide rates nationally are the third lowest in Europe.
- Suicide rates on the Island are higher compared to our statistical neighbours but with no significant difference due to small numbers.
- Suicide rates are higher in males than females across the country.

The level of population need

Mental Health

WHO describes Mental Health as “not just the absence of mental disorder, but it 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”.

The Mental Illness Needs Index 2000 is based on illnesses severe enough to require hospital treatment from time to time and is derived from data relating to 1998 and shows the predicted rates of admissions by ward area. A score of 1 is the England average; overall the Island scores 1.05 indicating that there is 5% higher than average need for mental health services. The darkest blue sections on the map show areas with the greatest need with more than 23% higher than average need. The four highest predicted areas are Ryde North East and Ryde North West, Pan and Ventnor.
Across the island the North and East Wight locality has the highest prevalence of mental health but there is no significant difference when benchmarking between the three localities. Adult and elderly secondary mental health services on the Island are being used at a significantly higher rate than the England and South East rate (nepho).

Dementia

Dementia is a syndrome characterised by the catastrophic, progressive global deterioration in intellectual function and is a main cause of late life disability (nepho). As we age the prevalence of dementia increases and therefore areas with higher elderly populations will have higher rates of recorded dementia. Dementia is more common in older people but can affect people at any age with one in 14 people over the age of 65 and one in six over the age of 80 having some form of dementia (PSSRU).

The Island had the highest recorded prevalence of dementia in the UK for 2011/12 which is linked with additional psychiatric symptoms such as adjustment disorder, anxiety, psychiatric symptoms and alcohol related issues.

The Islands prevalence of mental health has been significantly higher than England’s average over the last five years and has increased by 8% since 2006/07 however the growth of mental health prevalence on the island has been much slower than the national growth of 11%. The number of total contacts with mental health services per 100,000 populations for 2010/11 was 32, significantly lower than the England rate of 313 per 100,000. This measure includes all contacts with mental health staff, including Psychiatrists, Community Psychiatric, Nurses, Clinical Psychologists, Occupational Therapists, Physiotherapists, Consultant Psychotherapists and Social Workers (nepho).

Across the Island the South Wight Locality has the highest recorded rate of dementia but with no statistical difference between the three. Dementia goes undiagnosed in a lot of people with many not having access to care that could be available to them.
Dementia prevalence has increased on the island over the last five years and nationally. In terms of numbers there has been an increase of 66.5% registered with dementia and a total increase from 0.6% to 1% total prevalence compared to the national prevalence of 0.4% in 2006/07 to 0.5% in 2011/12. The prevalence rates have been applied to the ONS population projections of the 65 and over population to give estimated numbers of people predicted to have dementia up to 2020. It is predicted there will be a further 21% increase in registered dementia prevalence by 2020.

Across the predicted years the largest predicted age group increase is in the 70-74 years olds with a predicted rise of 44% from 2012 to 2020 followed by the 90+ age group with a 33% increase. There was an increase in all age groups with the exception of the 65-69 age groups with a predicted 9% decrease.
Depression

The symptoms and severity of depression can affect people in different ways and vary from person to person. In its mildest form someone may feel persistently low in spirit but at its most severe, depression can make someone feel suicidal and that life is no longer worth living (NHS). Depression is quite common and can affect around one in ten of us at some point including young and old, men and women.

The Island in comparison to similar areas has a lower rate of registered depression and is significantly below the England average.

Across the Island there is a significant difference between the three localities with South Wight having a higher crude rate of registered depression with 11.7% of patients registered compared to the West & Central Wight Locality of 5.2% and the North & East Wight Locality of 6.4%.

Over the last four years the registered depression rate has increased at the same rate as the England increase rate with a significant rise from 2008/09 to 2009/10 due to a change in recording.

The Island is slightly above the England average for prescribed anti depressants per therapeutic group population.

Suicide

“Suicides are one of the main causes of lost years of life after circulatory diseases and cancers” (SEPHO, 2006). In comparison to other countries in Europe, the United Kingdom has a relatively low suicide rate. Out of 18 countries in Europe the UK has the third lowest rate and the 13th lowest out of 57 major countries in the world (SEPHO 2006).
Suicide rates on the island are highest compared to its comparators but there is no significant differences which is due to small numbers.

Suicide rates across all the areas are significantly higher in males than in females with no significant differences across the areas.

Suicide mortality rates across the island have increased year on year since 2004-06 compared to the England rate which has slightly decreased. It is important to note that, because of the relatively small number of deaths of IW residents each year from suicide, even three-year aggregated mortality rates are susceptible to fluctuation. A small change in the annual number of deaths can result in a significant change in the mortality rate.

**References**

Brooks P & Watson J, A Profile of Suicide Mortality in the South East, South East Public Health Observatory, 2006.


