

Jan
2016

ourcommunities

Research Report

bitesize

Dorset County Council



Mental Health in Dorset₁

Welcome to **ourcommunities** bitesize research bulletin on mental health in Dorset. This edition will include a local perspective on a national issue using data to build a picture of areas where residents have a higher vulnerability to poor mental health.

Big
Numbers
Box

66,000

People

Vulnerable

to poor Mental Health
in Dorset

1 in 4

People

Highly Vulnerable

to poor mental health
In WEYMOUTH & PORTLAND

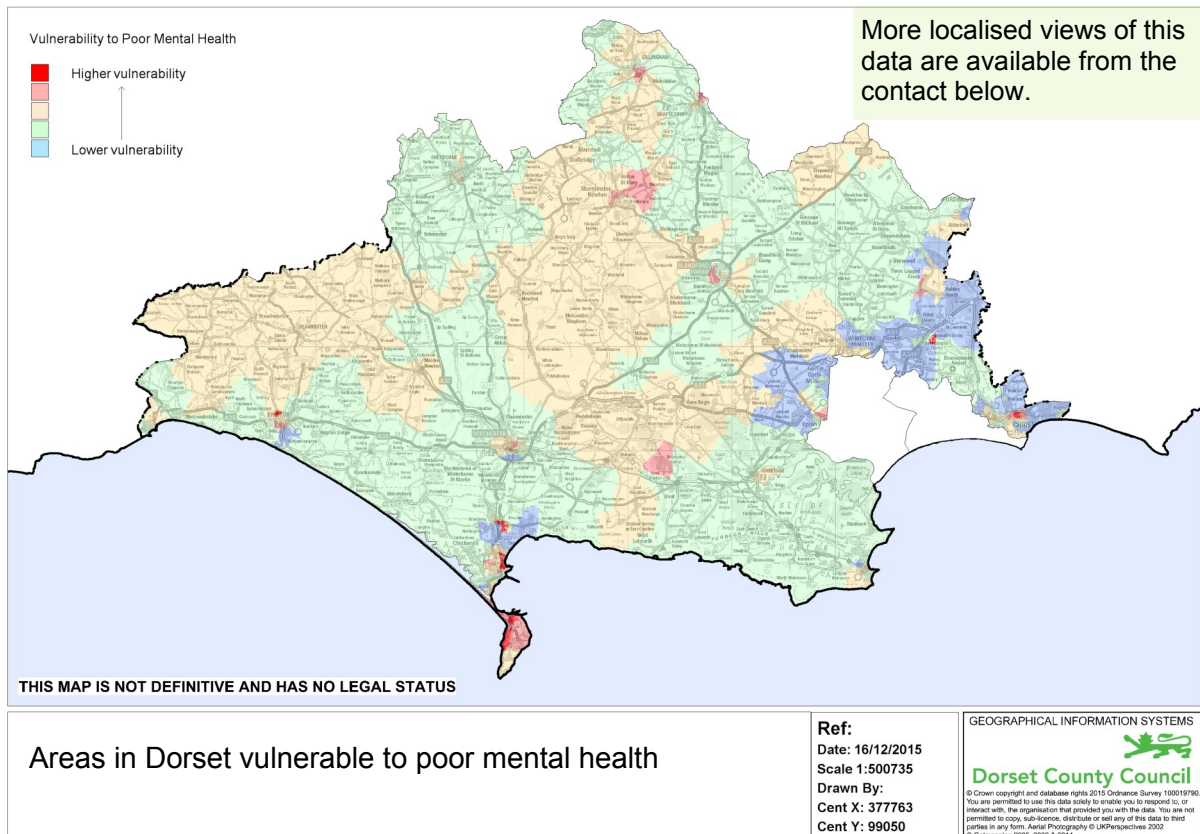
Why mental health is of importance

- Mental illnesses are **very common**
- Among people under 65, **nearly half of all ill health is mental illness**
- Mental illness is generally **more debilitating** than most chronic physical conditions
- Mental health problems impose a total economic and social cost of over **£105bn a year** in the UK
- Yet, **only a quarter** of all those with mental illness such as depression **are in treatment**
- People with **poor physical health** are at **higher risk** of experiencing **mental health problems**
- People with **poor mental health** are **more likely** to have **poor physical health**.



Bournemouth, Dorset and Poole mental health facts

- **One in three** people with **depression** and **one in two** with **anxiety do not seek help**
- **One in four people** in their life will have a **mental health issue** and one in six people at any one time will have a mental health issue
- In **Bournemouth, Dorset and Poole**, this means about **130,000 people** out of 800,000 at any one time will have a mental health issue
- Most people have '**common**' **mental health problems** like anxiety and or depression and this equates in Bournemouth, Dorset and Poole to about **50,000 people**
- Fewer people have more **serious mental health** conditions like schizophrenia or bipolar disorder in Bournemouth, Dorset and Poole this is about **8,000 people**
- About **13,000 people** in Bournemouth, Dorset and Poole have **dementia** with approximately **9,000 living in the community and 4,000 in care**.



Identifying those at risk

To identify those at most risk we need to identify areas where poor mental health is most likely to occur.

Using Experian MOSAIC data, a 'mental health index' has been created to identify areas with a high vulnerability to poor mental health across the Dorset County Council area.

The index included variables measuring self-reporting of common mental health issues as well as diagnostic data. Factors such as **multiple deprivation, low income, low educational attainment, and low levels of social capital** all have a **significant relationship** with vulnerability to poor mental health.

Those areas across Dorset with households most vulnerable to poor mental health can then be identified once mapped, as seen above.

What can be done?

The data and research that has been undertaken here can be used to help identify households potentially at risk. The 'mental health map' could enable resources to be targeted at the people and places that need them the most.

This work should also be utilised in future research and help to inform and prioritise service delivery and early intervention initiatives that combat poor mental health.

1 Where the article refers to Dorset, this relates to the Dorset County Council area. Bournemouth, Dorset & Poole relates to the wider area of Dorset County.

Like more info?

A more detailed report looking into vulnerability to poor mental health is available. For more information.

Contact: Pete Jackson;
Consultation and Research team,
Chief Executive's department
p.p.jackson@dorsetcc.gov.uk
01305 224614

Data source: Dorset County Council, Experian