

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).

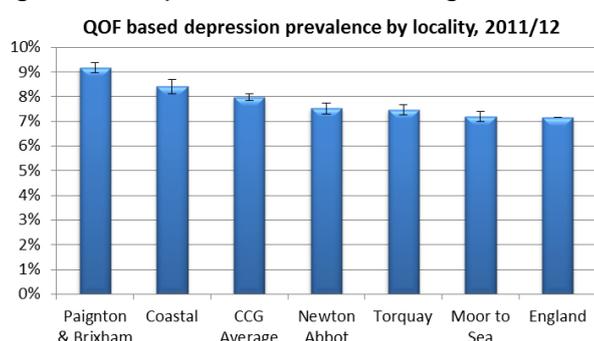
**Mental ill health** currently represents up to **23% of the total burden of ill health** in the UK and is the largest single cause of disability. Nearly 11% of England's annual secondary care health budget is spent on mental health, with estimates suggesting that the cost of treating mental health 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

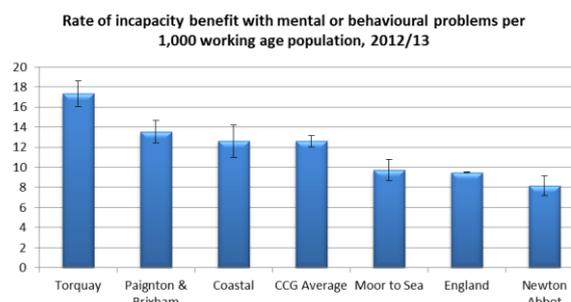


Source: QMAS

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

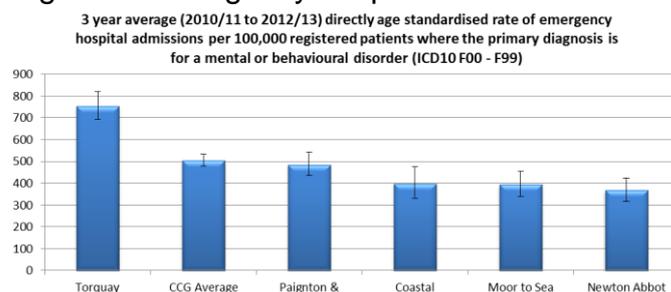


Source: Nomis (resident based estimates)

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.

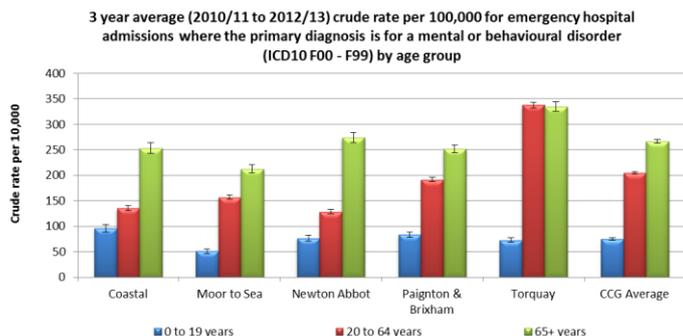
Figure 3: Emergency hospital admissions



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.

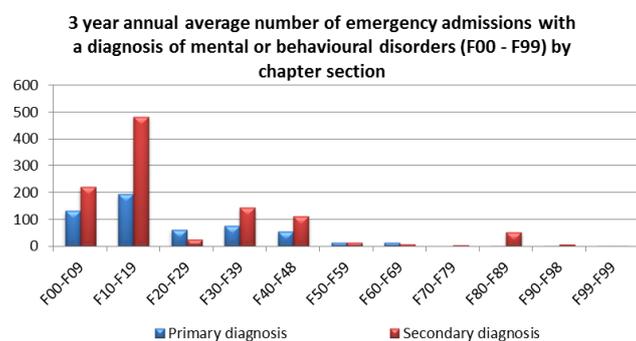
Figure 4: Crude admission by age



Source: Hospital admissions (SUS)

The largest diagnosis group within the disease chapter for both primary and 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



Source: Hospital admissions (SUS)

The largest numbers of secondary diagnoses codes are for:

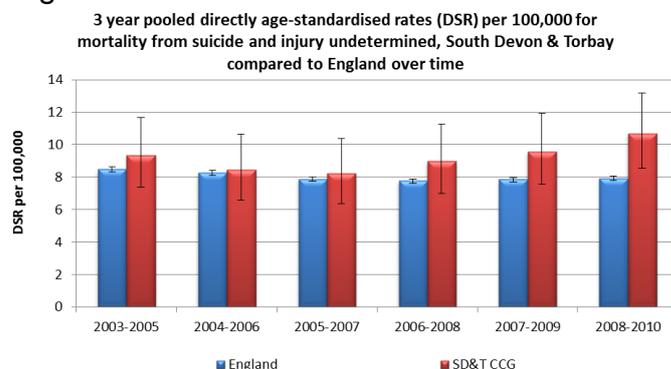
ICD10	Description
F171	Smoking
F03	Dementia
F32	Depressive episode
F10	Alcohol

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.

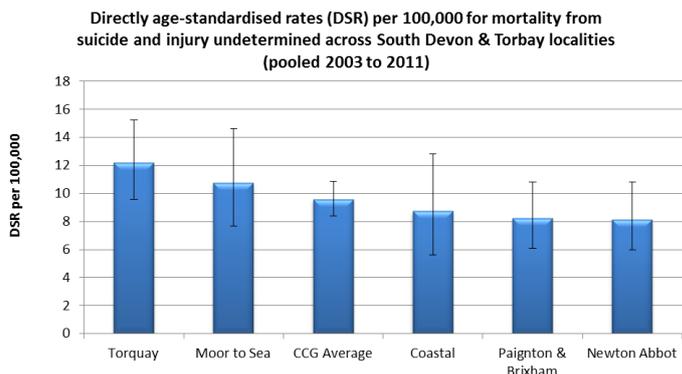
Figure 6: Suicides in South Devon over time



Source: Primary Care Mortality Database

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

Figure 7: Suicides in South Devon by locality



Source: Primary Care Mortality Database