

Creating a Mentally Healthy City

Developing an upstream approach to mental health and wellbeing

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Our Ambition As A City

Birmingham – a city of growth where every child, citizen and place matters



- Birmingham is an entrepreneurial city to learn, work and invest in
- Birmingham is an aspirational city to grow up in
- Birmingham is a fulfilling city to age well in
- Birmingham is a great city to live in
- Birmingham residents gain the maximum benefit from hosting the Commonwealth Games
- Birmingham as a green and sustainable city

Birmingham City Council Plan: 2018-2022

Challenges and opportunities

BIRMINGHAM HAS
1,141,000
CITIZENS
46%
UNDER 30



Our population is expected to rise to 1.3 billion by 2029 (15% rise from now) and 26% predicted rise in adults aged 65+ by 2028.

90
A
DIFFERENT
LANGUAGES
ARE SPOKEN

Birmingham has a young and richly diverse population with 25% of the population under 18 and 42% from Black and Minority Ethnic communities.

OUTSIDE OF LONDON
OUR CITY IS THE
MOST
ETHNICALLY &



CULTURALLY
DIVERSE



1,789
CHILDREN
IN CARE
(UNDER 18)

1 in 3 children live in poverty and there is a gap in life expectancy between the wealthiest and poorest wards. English is not the first language for 40% of school children.

1,836
FAMILIES
SUPPORTED BY
FAMILY SERVICES*

(*THIRD SECTOR)



Unemployment is higher than the UK average - 6.4% in Birmingham compared to 3.6% in the UK. Unequal employment rates across Birmingham - e.g. Hodge Hill at 46% compared to 26% in Sutton Coldfield. Air pollution causes up to 900 premature deaths (deaths before the age of 75) per year.



61,818
COUNCIL HOUSES

89,000 new homes are needed by 2022: street homelessness is on the rise and 7 in 89 people (12,785) are homeless.



MOST RAPIDLY
IMPROVING CITY

to live and work in with exciting new developments in Birmingham city centre, delivering almost 13,000 new homes, over 40,000 jobs and adding £2 billion to the local economy.

COMMONWEALTH
GAMES

will reposition Birmingham globally.

GENERATING
£526m

for the regional economy and creating 1,000 new homes.



Wide ranging, lively cultural offer including world class theatres, Town Hall and Symphony Hall and a rich tapestry of festivals.

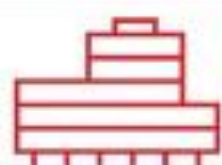
CITIZENS'
TOP PRIORITIES

- #1** Clean Streets (57%)
- #2** Refuse Collection (53%)
- #3** Child Protection and Safeguarding (32%)
- #4** Road and Pavement Repairs (37%)
- #5** Care and Support for Older and Disabled People (36%)

HOME TO OVER
20
MUSEUMS

571
PARKS

More than any other European city



4 MILLION VISITORS TO
CITY'S 37
LIBRARIES
ANNUALLY



12,373
ADULTS (18+)
RECEIVING
LONG TERM SUPPORT

35 MILES
OF WATERWAYS
MORE CANALS
THAN VENICE



HOME TO
5

UNIVERSITIES
with 87,400 students (aged 16-64).

Making a positive difference everyday to people's lives

MENTAL HEALTH IN BIRMINGHAM

WORKING TOWARDS A MENTALLY HEALTHY CITY:

DRIVERS

ADVERSE CHILDHOOD EXPERIENCES

5,963

Children (0-5yrs) were referred to Childrens Centres were affected by ACEs (Aug 17-18)

LONELINESS

11.6%

Pensioners live alone in Birmingham

EMPLOYMENT

74.3% BIRMINGHAM 56.3%

Average gross weekly income
Birmingham £532.50
England £571.10

79.8% ENGLAND 70.5%

POVERTY

CHILDREN IN LOW INCOME HOUSEHOLDS

27.6% B'HAM

17.0% ENG



INCOME DEPRIVED OLDER PEOPLE

28.2% B'HAM

17.9% ENG



IMPACT ON MENTAL HEALTH

Estimated number of women with **severe depression** in pregnancy

510



Based on 30 women affected in every 1,000 deliveries

Adults in Birmingham who are registered with their GP as having a **diagnosis of depression**

9.2%

Average for England is 9.9%

10.3%

of 5-16yr olds are estimated to have a **mental health disorder**

2.19%

of school age children have **social, emotional or mental health needs**

6.3%



of GP patients have a **long term mental health condition**

1.19%



of GP patients have a **severe mental illness**

4.1%

of Adults in Birmingham report low satisfaction with their lives



8.8%

of Adults in Birmingham report low levels of happiness



OUTCOMES

SUICIDE RATES IN BIRMINGHAM



11.3



4.1

Age-standardised rate of suicides per 100,000 adults (3yr average)

YEARS OF LIFE LOST THROUGH SUICIDE

50.8



14.2

Age-standardised rate of suicides per 10,000 adults aged 15-74yrs (3yr average)

60.4

Gap in the employment rate between those in contact with secondary mental health services and the overall employment rate



64.0%

Of adults in contact with secondary care mental health services who live in stable and appropriate accommodation

NHS MENTAL HEALTH SERVICES SPEND BY BIRMINGHAM & SOLIHULL CCG

£258.9 million

2017/18 Actual Spend



£2.16

BILLION

Is the estimated cost to the Birmingham economy each year.

Mental Health and Wellbeing

The World Health Organization (2005) defines mental health as “a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” Wellbeing has been defined as “individuals’ perceptions of the quality of their relationships with other people, their neighbourhoods, and their communities”

Five Pillars of Well-Being



“Mental wellness is a balance of the mental, physical, spiritual, and emotional.

This balance is enriched as individuals have:

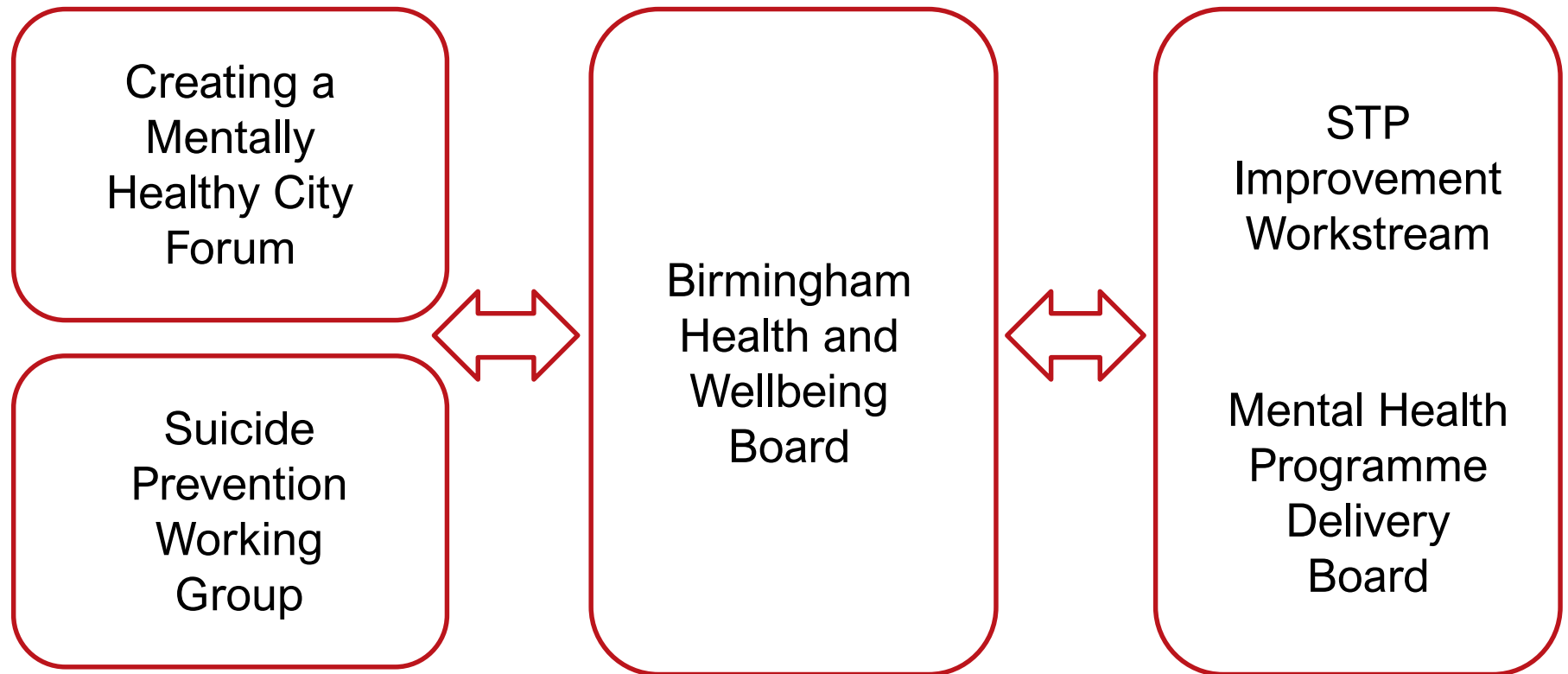
***PURPOSE** in their daily lives whether it is through education, employment, care-giving activities, or cultural ways of being and doing; **HOPE** for their future and those of their families that is grounded in a sense of identity, unique Indigenous values, and having a belief in spirit; a sense of **BELONGING** and connectedness within their families, to community, and to culture; and finally a sense of **MEANING** and an understanding of how their lives and those of their families and communities are part of creation and a rich history.”*

First Nations Mental Wellness Continuum Framework

Our Emerging Vision and Ambition

“Birmingham is a mentally healthy city with a thriving and flourishing population that reflects the diversity of our citizens where everyone feels like they belong, and their lives have meaning and purpose that gives them hope for the future.”

Governance Process



Creating a Mentally Healthy City Forum

- Sub-group of Health and Wellbeing Board chaired by the Cabinet Member for Adult Social Care and Health, formally established in September 2019.
- Multi-agency group with representation from NHS, community & voluntary sector, business sector and academic sector.
- Has one sub-committee – Suicide Prevention Advisory Group which is focused on delivery of the Suicide Prevention Strategy.
- Twice a year there is a wider workshop with a broader group of stakeholders, in 2020 these are focused on diversity and inclusion aspects of mental wellbeing.
- Meets bi-monthly and reports to the Health and Wellbeing Board twice a year in detail and bi-monthly in written update.
- Collaborating to sign up to the Mental Health Prevention Concordat.

Looking ahead

- Explore potential to develop a framework for creating a mentally healthy city to help navigate and find synergies between activity.
- Map current activity across the partnership.
- Strengthen our understanding of mental wellbeing in the context of diversity and inclusion.
- Maximise the potential of the Commonwealth Games to improve mental wellness of the city.



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Making a positive difference everyday to people's lives