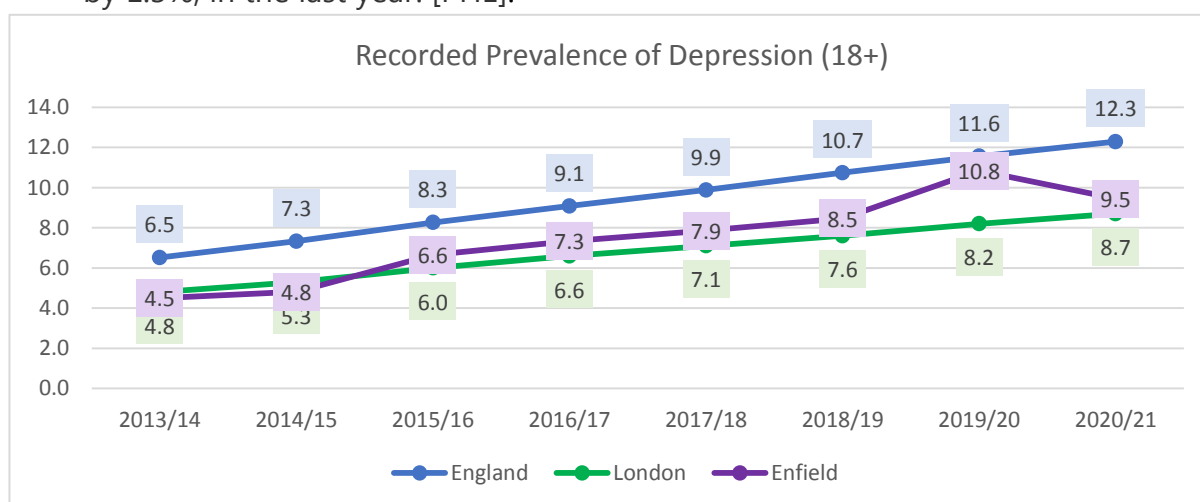


## Mental Health Data for Health & Adult Social Care Scrutiny Panel

### Mental Health

#### Prevalence and General Statistics

- **1 in 5** Enfield residents aged 16+ (49,261) are estimated to have a **common mental health disorder (19.2%)**, such as depression, panic disorders, anxiety or obsessive-compulsive disorder. This higher than the national estimate (16.9%) [PHE].
- It is predicted that there will be 2,653 more 18-64 year olds in Enfield with a common mental health disorder by 2035 (6.6% increase) [PANSI].
- The estimated **prevalence of common mental health disorders** in those aged **65 and over in Enfield was 11.4%** in 2017 [PHE].
- The recorded prevalence **of depression amongst those aged 18+ was 9.5%** in Enfield 2020/21, this is lower than the 8.7% London average and 12.3% national average during the same time period [PHE].
- The recorded prevalence of depression amongst adults in Enfield decreased, by 1.3%, in the last year. [PHE].



- In 2018/19 was **55.8% of social care users reported to having depression and anxiety** in Enfield, which is lower than the 50.5% national average [PHE].
- The rate of **premature mortality in adults with severe mental illness** between 2018-2019 was **78.2 per 100,000** [PHE].

- **66.5 per 100,000 people in Enfield were emergency hospital admissions for intentional self harm.** This is lower than that across the London region, 81.6 per 100,000 [PHE].
- The **suicide rate** is 9.0 per 100,000 amongst males in Enfield and 2.9 per 100,000 amongst females [PHE].

## Risk Factors

Early years are vital for developing skills and resilience. Negative experiences such as growing up in a low-income family can have a damaging effect on the mental health of the child that continues to adulthood.

- In 2020, **44 per 10,000 children in Enfield were in care** [PHE].
- **70%** of adults in **contact with secondary mental health services were living in stable and appropriate accommodation** in Enfield 2019/20. This compares to 64% across London [PHE].
- The **long term unemployment** rate in 2019/20 was 3.1 per 1,000 of the working age population in Enfield [PHE].
- In 2019/20 there was a **65.5% gap between the employment rate** for those in contact with secondary mental health services and the overall employment rate in Enfield [PHE].
- In Enfield 2019/20 26.6 per 1,000 households were in **temporary accommodation**. This compares to 16.5 per 1,000 across London [PHE].
- In Enfield 2020, 230 in 100,000 offenders were first time offenders. This is higher than the London average of 184 per 100,000 [PHE].

## Loneliness and Social Isolation

- **46.7% of adult social care users** aged over 18 in Enfield **had as much social contact as they would like** in 2019/20. This compares to 42.9% across the London region [PHE].
- **44.5%** of adult social care users aged **over 65 in Enfield** had as much social contact as they would like in 2019/20. This compares to 40.1% across the London region [PHE].
- **25% of Enfield adult residents feel lonely** at least some of the time, which is the 11th worst ranking in London out of 32 boroughs (PHE).
- **3.9% of Enfield households** are persons aged 65 years and older **living alone** (12,108 households) [census 2011]
- **One in Ten Households (10.8%)** in Enfield are **single occupied households** (33,359 households). In England this is 12.8% and London 12.8% [census 2011]
- Loneliness is associated with approximately 30% increased risk of stroke and coronary heart disease (Valtorta 2016).
- Lonely and isolated older people are **2.5 times more likely to develop frailty** (Davies 2021).
- Loneliness is associated with a 25% increased risk of dementia (Lara 2019).
- **11-18% of cases of depression could be prevented** if loneliness was eliminated (Lee 2021)

Sources and Links to more information:

PANSI <https://www.poppi.org.uk/>

PHE <https://fingertips.phe.org.uk/>,  
<https://fingertips.phe.org.uk/search/homeless>,  
<https://fingertips.phe.org.uk/search/care>  
<https://fingertips.phe.org.uk/search/loneliness>  
<https://fingertips.phe.org.uk/search/offenders>  
<https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna/data#page/0> ,  
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Lee SL, Pearce E, Ajnakina O, Johnson S, Lewis G, Mann F, et al. The association between loneliness and depressive symptoms among adults aged 50 years and older: a 12-year population-based cohort study. *The Lancet Psychiatry*. 2021;8(1):48-57