
Hull Adult Health and Wellbeing Survey Summary: Mental Health

December 2019

Background

Earlier this year, more than 4,000 Hull residents aged over 16 belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

Mental Health and why it matters

- ❖ Poor mental health can have a detrimental effect on all aspects of life undermining self-esteem, confidence and enthusiasm for life.
- ❖ Evidence shows that poor social and emotional wellbeing predicts a range of negative outcomes in adolescence and adulthood. Negative parenting and poor quality family or school relationships place children at risk of poor mental health. Early intervention in childhood can help reduce physical and mental health problems and prevent social dysfunction being passed from one generation to the next¹.
- ❖ People with poor mental health sometimes can deal with this by smoking more, eating and drinking excessively, unhealthy diets and not exercising with a resulting negative impact on overall health, life expectancy and healthy life expectancy.
- ❖ As a consequence, poor mental health influences all aspects of life, a person's physical health, their family, their workplace and employment, and their involvement in their community.

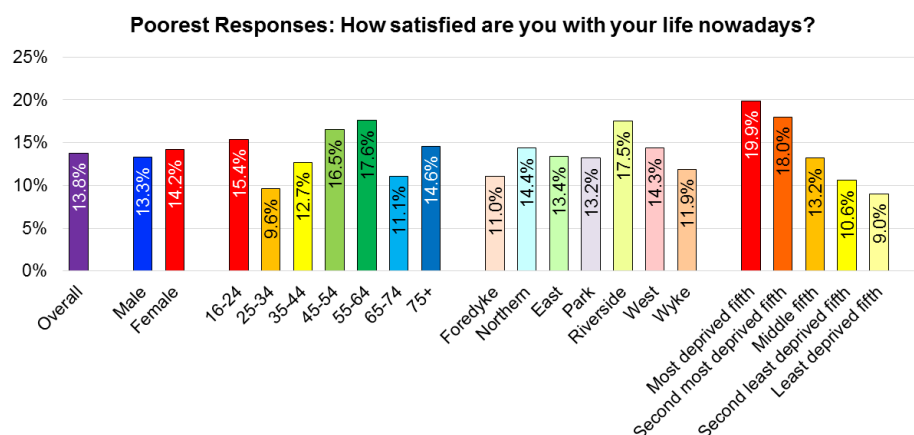
Key Health and Wellbeing Survey findings

Mental Health

Over four thousand adults (16+ years) in Hull, representative of the population, were asked about health and lifestyle behaviours between March and June 2019. Interviewers knocked at doors and asked residents if they'd be willing to participate. They collected completed forms at an agreed later date. The response rate was high at 76%.

¹ National Institute for Health and Care Excellence, *Social and emotional wellbeing for children and young people: Local government briefing*. www.nice.org.uk. 2013, National Institute for Health and Care Excellence: London.

- ❖ 13.8% of people give a poor response (between 0-4) to the question: How satisfied are you with your life nowadays? This equates to approximately 28,800 people in Hull.

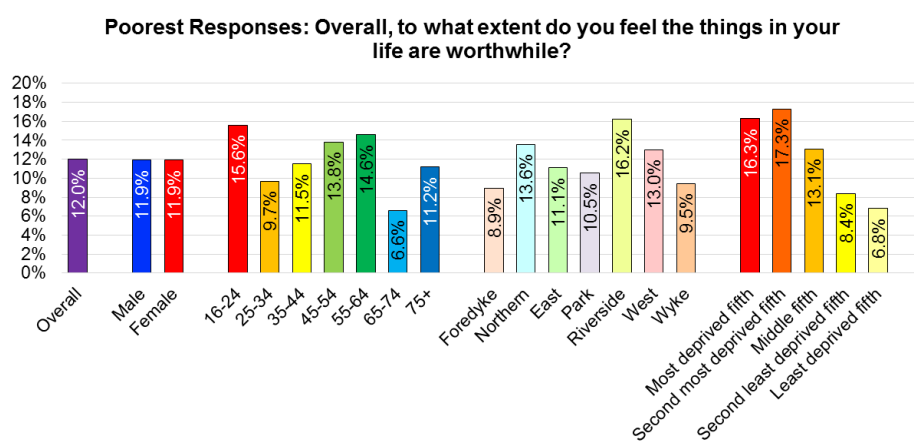


- ❖ **Younger people are less satisfied with their lives.** 15.4% of those aged 16-24 gave a poor response to this question, but levels decreased sharply to the next age group, 25-34 year olds. Levels then gradually increased, peaking at 17.6% for those aged 55-64 years old.

- ❖ **With increasing deprivation come increasing levels of poor satisfaction with life.** 9.0% of those people in the least deprived fifth gave a poor response to the question, whilst in the most deprived fifth this figure increased to 19.9%.

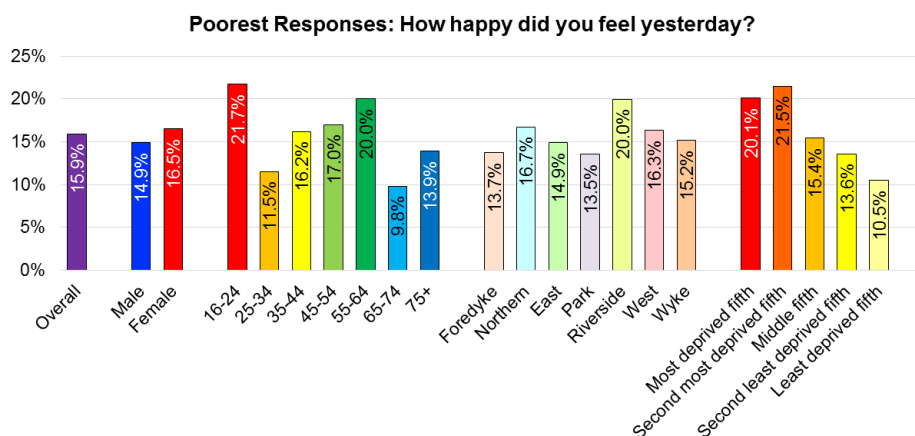
- ❖ **People were asked to what extent they felt their lives were worthwhile and the pattern of answers is very similar to the question related to satisfaction with life.** Overall, 12.0% of people gave a poor response (0-4) to whether their lives were worthwhile.

- ❖ Young people were the most likely to give a poor response to whether their lives were worthwhile. 15.6% of 16-24 year olds gave a poor response (0-4).



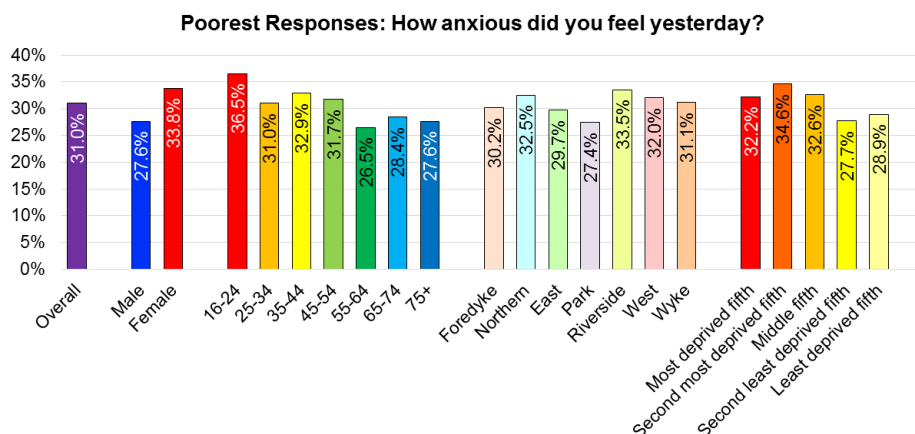
- ❖ **With increasing deprivation comes increasing levels of poor feelings that your life is worthwhile.** 17.3% of those in the second most deprived fifth recorded a poor response, whilst for the least deprived fifth this was only 6.8%.

- ❖ **15.9% of people gave a poor response as to whether they felt happy yesterday.**
- ❖ **Young people were the unhappiest.** Over a fifth (21.7%) of 16-24 year olds gave a poor response (0-4).



- ❖ **Higher deprivation equates to more unhappiness.** 21.5% of those in the second highest deprivation fifth gave a poor response on happiness, whilst this decreased to 10.5% for the least deprived fifth.

- ❖ **31.0% of people gave the poorest response (6-10) as to whether they felt anxious yesterday.**



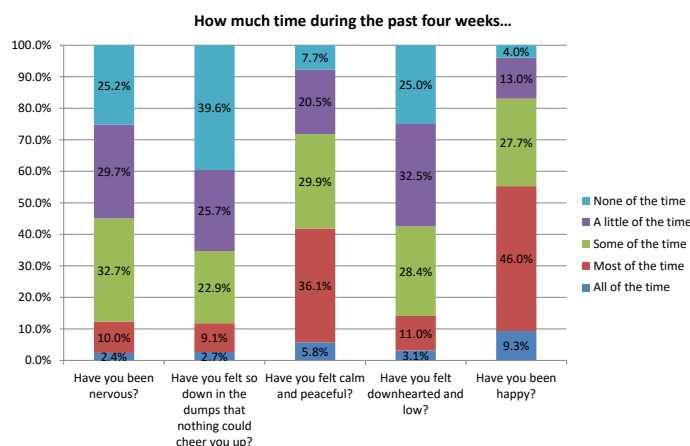
- ❖ **Females felt more anxious than males.** 33.8% of females said that they felt anxious yesterday, compared to 27.6% of males.

- ❖ **Young people felt more anxious.** 36.5% of 16-24 year olds said that they felt anxious – the highest age group levels. The lowest were 55-64 year olds (26.5%).

- ❖ **Generally, those people with a higher level of deprivation felt more anxious.** 34.6% of those people from the most deprived fifth reported a poor response to feeling anxious yesterday, whilst for the second least deprived fifth this figure was 27.7%.

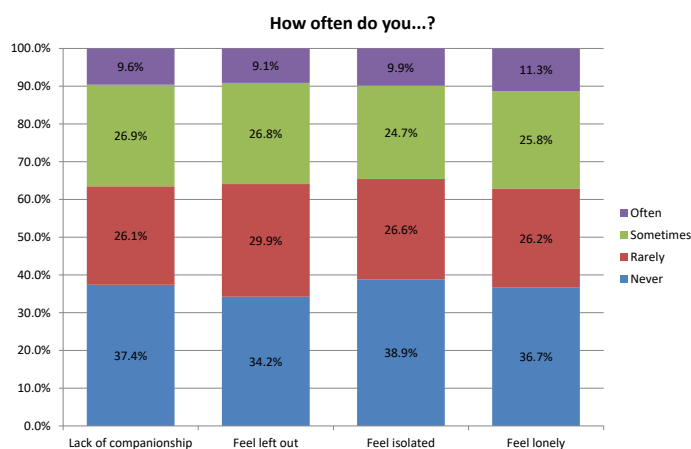
- ❖ **Riverside consistently reported the poorest area figures for feelings of satisfaction and feeling worthwhile, and questions relating to happiness and anxiety.**

- ❖ **Questions to feelings over the past four weeks generally had a more positive response.** Whilst 12.4% of people stated that they felt nervous either most or all of the time over the past 4 weeks, over half (54.9% said that they felt nervous either none or little of the time.



- ❖ **Feeling down in the dumps.** 11.8% of people said that they felt so down in the dumps nothing could cheer them up over the past 4 weeks either most or all of the time, whilst almost two thirds (65.3%) said that they only felt this was either none or a little of the time.
- ❖ **Feeling calm and peaceful.** Over a quarter of people (28.2%) said that they felt calm and peaceful over the past 4 weeks either none or a little of the time, whilst 41.9% said that they felt this way either most or all of the time.
- ❖ **Feeling downhearted.** 14.1% of people said that they felt downhearted or low either most or all of the time, whilst over half (57.5%) said that they felt this was either none or a little of the time.
- ❖ **Happiness.** 17.0% of people said that they had been happy over the past 4 weeks either none or a little of the time, whilst over half (55.3%) said that they felt this was over the past 4 weeks, either most or all of the time.

- ❖ **Companionship.** Almost two thirds of people (63.5%) reported that they lacked companionship either rarely or never, whilst 9.6% said they experienced it often.



- ❖ **Feeling left out.** Almost two thirds (64.1%) of people reported that they had feelings of being left out either rarely or never, whilst 9.1% said that they felt this way often.

- ❖ **Feeling isolated.** Almost two thirds of people (65.5%) said that they felt isolated either rarely or never, whilst 9.9% said that they felt this was often.

- ❖ **Feeling lonely.** Almost two thirds of people (62.9%) reported that they felt lonely either rarely or never, whilst 11.3% said that they felt this was often.

WHAT DOES THIS MEAN FOR HULL?

- ❖ The long term trends in self-reported wellbeing and indicators of satisfaction and feeling life is worthwhile show that while Hull's indicators have for a number of years been worse than both the Yorkshire and the Humber and England levels, recently these variances have decreased and levels in Hull are similar to those in the regional and nationally.
- ❖ People with mental health issues need to be identified early and encouraged to seek help, so that the consequences in terms of the effects on themselves, family, friends, employment and potentially the greater community are minimised.