Priority 4: Improve emotional and mental health

Improve emotional and mental ill-health and provide increased access to mental health services

Focus on improving access to the full range of evidence-based psychological therapies (services that offer treatments for depression and anxiety disorders and other complex mental health problems)
Across the six measures of CMD, rates are lower in Derbyshire.

Mixed anxiety & depression is the most common mental health disorder in Britain, with almost 9% of people meeting criteria for diagnosis. In Derbyshire the rate is lower at almost 7%.

• The greatest number of cases in both Derbyshire and Derby is for mixed anxiety and depression at 44,800 and 18,500 cases

• In the county and city mixed anxiety cases are nearly double that for generalised anxiety disorder, the second most prevalent disorder

• The third most prevalent disorder in both areas is depressive episode

### Estimated Number of Common Mental Health Disorder (CMD) Cases in Derbyshire County and Derby City

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Derbyshire County</th>
<th>Derby City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phobia</td>
<td>8,290</td>
<td>3,460</td>
</tr>
<tr>
<td>Depressive episode</td>
<td>13,140</td>
<td>5,690</td>
</tr>
<tr>
<td>Generalised anxiety disorder</td>
<td>23,340</td>
<td>9,460</td>
</tr>
<tr>
<td>Mixed anxiety and depression</td>
<td>44,800</td>
<td>18,500</td>
</tr>
<tr>
<td>Obsessive compulsive disorder</td>
<td>4,620</td>
<td>1,950</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>2,510</td>
<td>1,170</td>
</tr>
</tbody>
</table>

Chesterfield shows the greatest prevalence in the County with around 15% of people experiencing a CMD.

This is 5% more than Derbyshire Dales, which has the fewest cases.
For both the county and city, CMD prevalence is significantly greater for females than males across all age groups.

By both gender and local authority area, CMD prevalence increases with age to a peak in the 45-54 age group, and then declines with age.

However, there is a slight increase in prevalence amongst males in the 75+ group which bucks the decline in prevalence beyond the 45-54 age group.

Estimated Common Mental Health Disorder (CMD) Prevalence within Derbyshire County and Derby City by Age and Sex

In the county and city, conduct disorders are the most common disorder amongst 5-16 year olds, with 6,129 and 1,959 cases.

For both areas this is followed by prevalence in emotional disorders, ‘being hyperactive’ and then ‘less common disorders’.

In the county and city, conduct disorders are the most common disorder amongst 5-16 year olds, with 6,129 and 1,959 cases.

• In both areas conduct disorders in the 11-16 age group are almost twice as common in males than females.

• However, emotional disorders are more prevalent in females than males.

• ‘Less common disorders’ and particularly ‘being hyperactive’ are more common amongst males than females.

Estimated numbers of children with disorders aged 11-16 in Derbyshire and Derby City CAMHS East Midlands Partnerships, 2009

National estimates of prevalence of learning disability by age are 5 to 9 years (0.96%), 10 to 14 years (2.26%) and 15 to 19 years (2.67%). These age specific rates reflect the increasing identification of mild learning disabilities with age. In Derbyshire 2,706 people aged 5 to 19 are estimated to have a learning disability and 887 in Derby.

**Estimated total number of children with a learning disability by age in Derbyshire and Derby City CAMHS East Midlands Partnerships, 2009**

- 5-9 years: 131
- 10-14 years: 320
- 15-19 years: 436

• Mortality from suicide and injury undetermined in Derbyshire has shown a general downward trend over the period 1993 to 2010 for all persons, although there has been a rise over the last 2 years.

• Over the period male rates have been consistently higher than female rates although the downward trend for males means the gap is closing.
Mortality from suicide and injury undetermined is greater for males than females in all districts.

- South Derbyshire has the greatest rate for males (15.29 per 100,000 population), and the greatest differential by gender. Bolsover has the lowest male rate.

- Erewash shows the greatest female rate (6.26) whilst High Peak has the lowest (1.24).

Note: Showing 95% Confidence Interval, Mortality numbers are very small hence the wide confidence intervals.

Source: The NHS Information Centre for health and social care, January 2012.
• The prevalence of mental health/behavioural problems in incapacity benefit claimants is slightly lower in Derbyshire than England.

• Chesterfield has the highest rate (39.0 per 1,000 working age population) followed by Bolsover (35.1).

• Derbyshire Dales shows the lowest rate (15.5).

Source: The Association of Public Health Observatories (APHO), May 2011