

Oxfordshire Joint Strategic Needs Assessment 2024

Overview of facts and figures about **Mental health and wellbeing**



Introduction

- This pack is part of the 2024 update of the Oxfordshire Joint Strategic Needs Assessment.
- It includes data on mental health and wellbeing and some of the risk and protective factors including financial pressures and volunteering.
- The full set of JSNA resources is available at [Joint Strategic Needs Assessment | Oxfordshire Insight](#)

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Summary

This review of mental health and wellbeing data for Oxfordshire shows...

- Above average and increasing rates of school pupils supported with social, emotional and mental health needs.
- A very significant increase in secondary pupils recorded as persistent absentees.
- Rates of adult (GP-recorded) depression continuing to increase.
- Decline in unpaid carers reporting enough social contact.
- Financial pressures from unemployment, children in low-income households, fuel poverty, cost of renting.
- Above average rates of volunteering.

Facts and figures		Oxfordshire
Children and young people	Children with a probable mental disorder (estimate from national survey)	35,700
	Children (0-15 years) living in relative low-income households	14,000
	Pupils supported with primary need of social, emotional and mental health	3,800
	Persistent absentees - secondary school pupils	10,200
Adults	Adults feeling lonely often/always or some of the time	24%
	Adults with a common mental disorder (national survey)	17%
	Adults with GP-recorded depression	13%
Older people	Estimated living with dementia	9,600
	Carers with as much social contact as they would like (2021/22)	27%
Communities	Volunteering aged 16+ (any amount)	27%

Data for 2022/23 unless otherwise noted
For sources see detailed slide

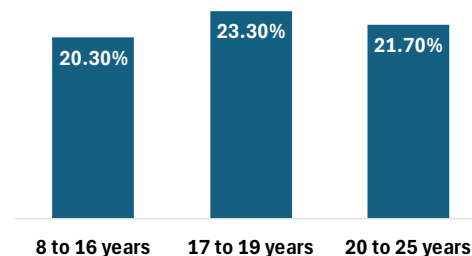
Children and young people

Prevalence of probable mental health disorders in children and young people - national

- *The Office for National Statistics carried out a major national Mental Health of Children and Young People survey in 2017 and in November 2023 published the fourth follow up report¹ including 2,370 children and young people who took part in the 2017 survey.*
- In 2023, around 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. This was 20.3% of 8 to 16 year olds, 23.3% of 17 to 19 year olds and 21.7% of 20 to 25 year olds.

– Suggests around **35,700** children and young people with a probable mental disorder in Oxfordshire. By age:

- 16,200 aged 8 to 16 years (20.3%)
- 6,600 aged 17 to 19 years (23.3%)
- 12,900 aged 20 to 25 years (21.7%)



- From the national 2023 survey, among 8 to 16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women than young men.

From: [1] [Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017 survey - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/mental-health-of-children-and-young-people-in-england-2023-wave-4-follow-up-to-the-2017-survey) published November 2023. The Strengths and Difficulties Questionnaire (SDQ) was used to identify children and young people who may have had problems with aspects of their mental health to such an extent that it impacted on their daily lives. Responses from parents, children and young people were used to estimate the likelihood that a child or young person might have a mental disorder, this was classified as either 'unlikely', 'possible' or 'probable'. [2] estimates use ONS mid-2023 population by age for Oxfordshire

Mental health disorders in children and young people and poverty

- Children with a mental health disorder are also financially less likely to be able to access activities¹
 - More than 1 in 4 children aged 8 to 16 years (26.8%) with a probable mental disorder had a parent who could not afford for their child to take part in activities outside school or college, compared with 1 in 10 (10.3%) of those unlikely to have a mental disorder.
- Suggests around **4,300** children aged 8 to 16 years in Oxfordshire with a probable mental health disorder unable to afford activities
- 17 to 25 year olds with a probable mental disorder were 3 times more likely to not be able to afford to take part in activities such as sports, days out, or socialising with friends, compared with those unlikely to have a mental disorder (26.1% compared with 8.3%).

Contextual data - increasing rate of children in low-income households

- As of 2022/23 there was a total of **13,961** children aged under 16 years living in relative low-income households¹ in Oxfordshire. This was 10.5% of children, below the South East average (13.1%).
- Of districts in Oxfordshire, the highest rate of child poverty was in Oxford:

Cherwell 3,765 (12%)

Oxford 3,626 (**14.4%**)

South Oxfordshire 2,298 (8.2%)

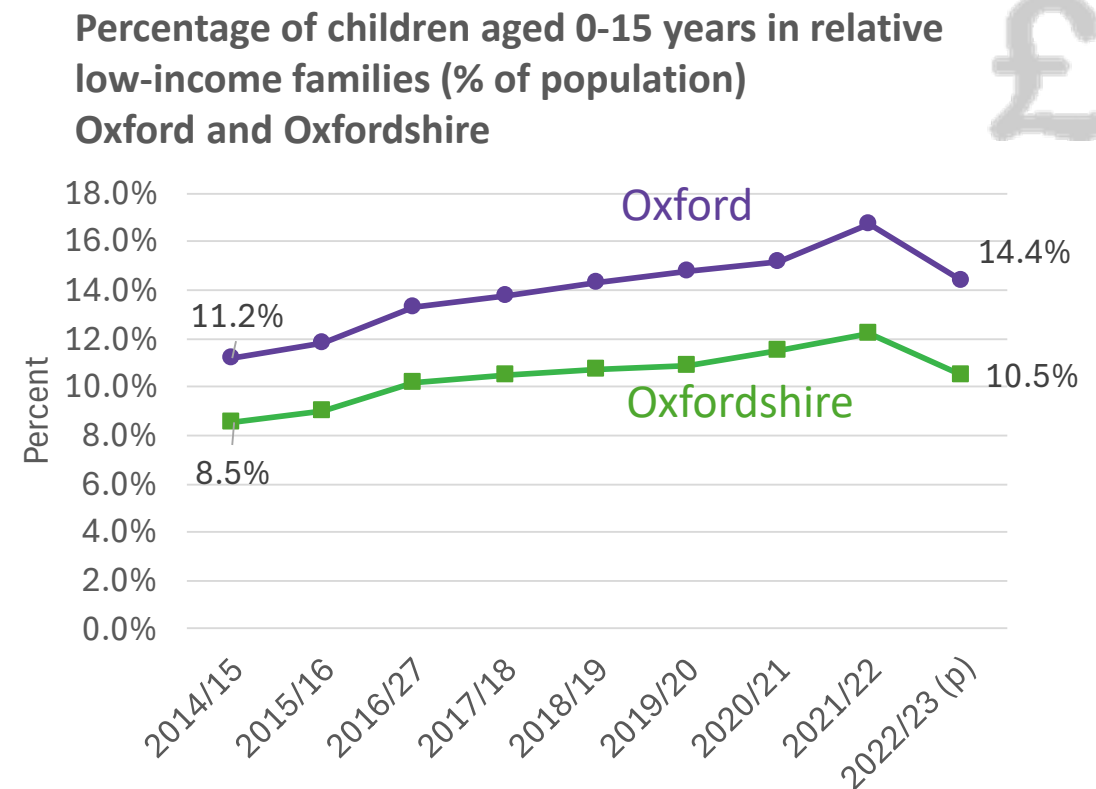
Vale of White Horse 2,312 (8.4%)

West Oxfordshire 1,960 (9.4%)

Source: DWP [Children in low income families: local area statistics 2014 to 2023](#) - GOV.UK (www.gov.uk)

[1] Relative low income is defined as a family in low income Before Housing Costs (BHC) in the reference year. A family must have claimed Child Benefit and at least one other household benefit (Universal Credit, tax credits, or Housing Benefit) at any point in the year to be classed as low income in these statistics. Percentages are shown for children aged under 16 due to difficulty identifying (p) = provisional

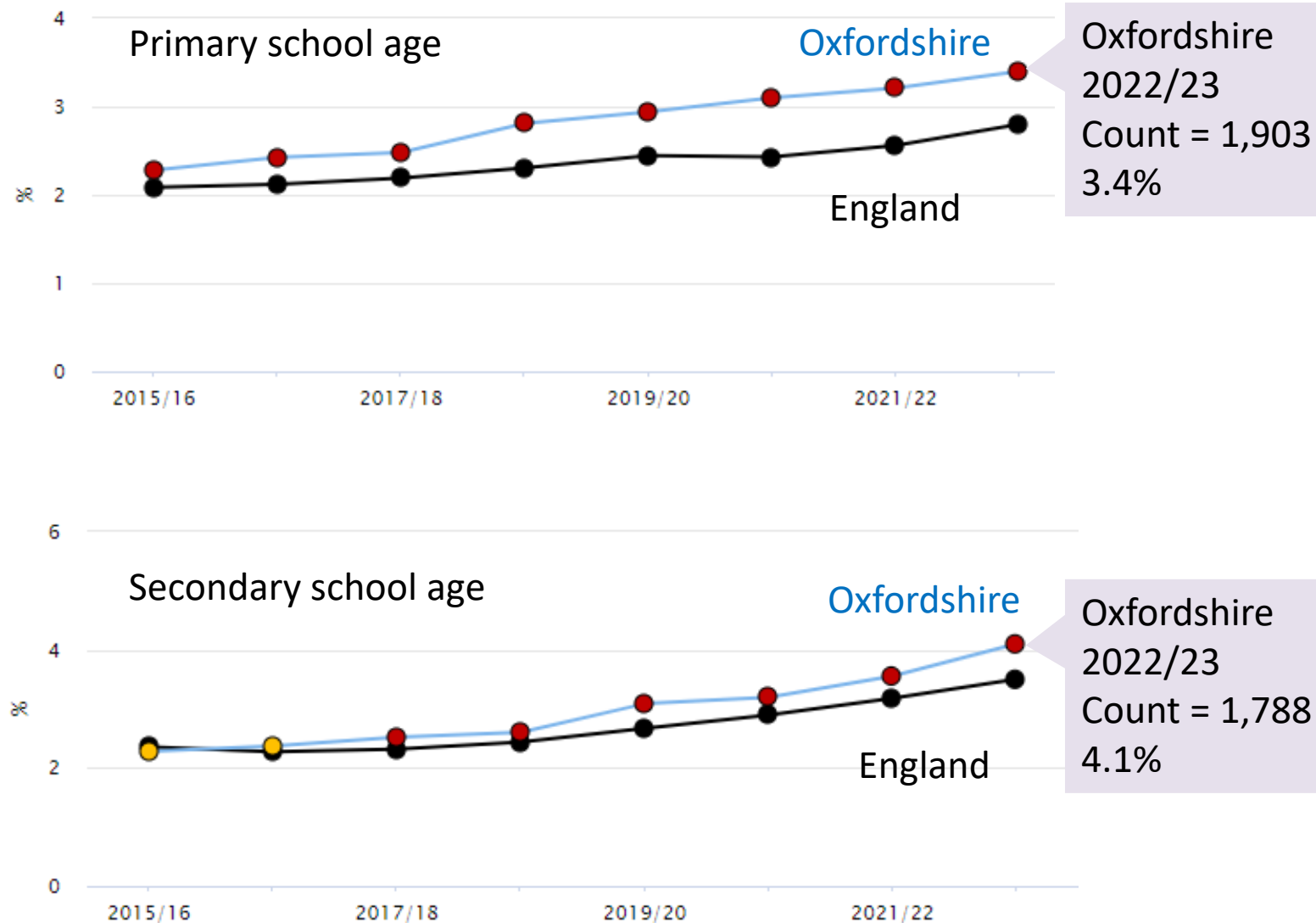
16 to 19 year olds defined as child dependents in the population estimates



Increase in school pupils supported with social, emotional and mental health needs

- As of academic year 2022/23 there was a total of **3,830 school pupils*** in Oxfordshire supported with a primary need of social, emotional and mental health.
- Rates are increasing and above average for both primary and secondary school ages.
- The greatest increase between 2019 and 2023, was **females at secondary school**, where those with Social, Emotional and Mental Health as a primary need increased by +391, 134%

The number of school children with Special Education Needs (SEN) who are identified as having **social, emotional and mental health as the primary type of need**, as a percentage of all school pupils (academic years)



From: [OHID fingertips](#) primary school and secondary school aged pupils with social, emotional and mental health needs *all school age

Increase in pupils absent from school

As of academic year 2022/23, in Oxfordshire's secondary schools:

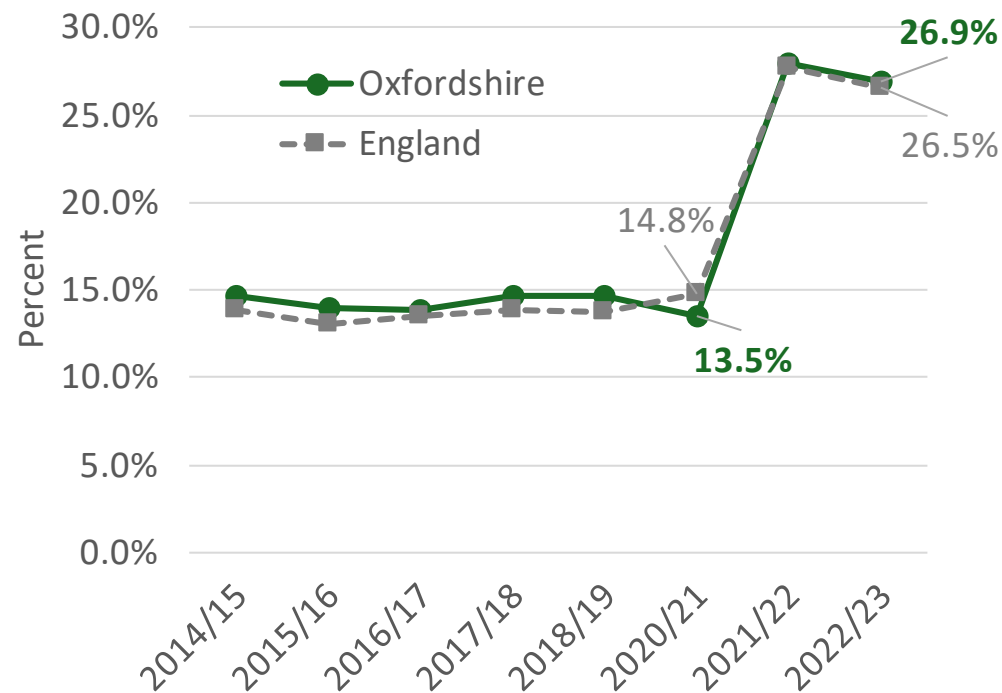
- **10,177** or **26.9% of pupils** were recorded as persistent absentees¹ up from 13.5% in 2020/21.
- 1,506 or 4.0% of pupils missed 50% or more of possible sessions.
- At an England level, the groups that were most likely to be persistent absentees² in 2021/22 were:
 - White (29.7% vs 27.7% overall)
 - Females (29.2% vs 26.3% for males)
 - Eligible for Free School Meals (45.3% vs 22.3%)
 - Pupils with Social, Emotional and Mental Health primary educational need (50.4%)

From DfE Schools are required to take attendance registers twice a day - once at the start of the first morning session and once during the second afternoon session.

[1] defined as missing 10% or more of possible sessions

[2] from [OHID fingertips](#), Inequalities data not available for Oxfordshire

Persistent absentees¹ State funded secondary schools, Oxfordshire and England (academic years)



*In a secondary school class of 30 pupils..
1 child misses at least half of sessions
8 children miss (at least) 1 in 10 sessions*

Activities and mental health - national

The ONS Mental Health of Children and Young People survey (2023 report¹) found that:

- Children aged 11 to 16 years with a probable mental disorder were more likely to have **NOT** exercised at all in the previous 7 days (17.2%) than those unlikely to have a mental disorder (4.4%)
- Young people aged 17 to 23 years with a probable mental disorder were more likely to have **NOT** participated in a range of activities in the previous 7 days than those unlikely to have a mental disorder. They were less likely to take part in the following activities:
 - Exercising (26.6% compared with 8.7%)
 - Spending time in green space (34% compared with 20.1%)
 - Taking part in groups or clubs (80.0% compared with 52.7%)

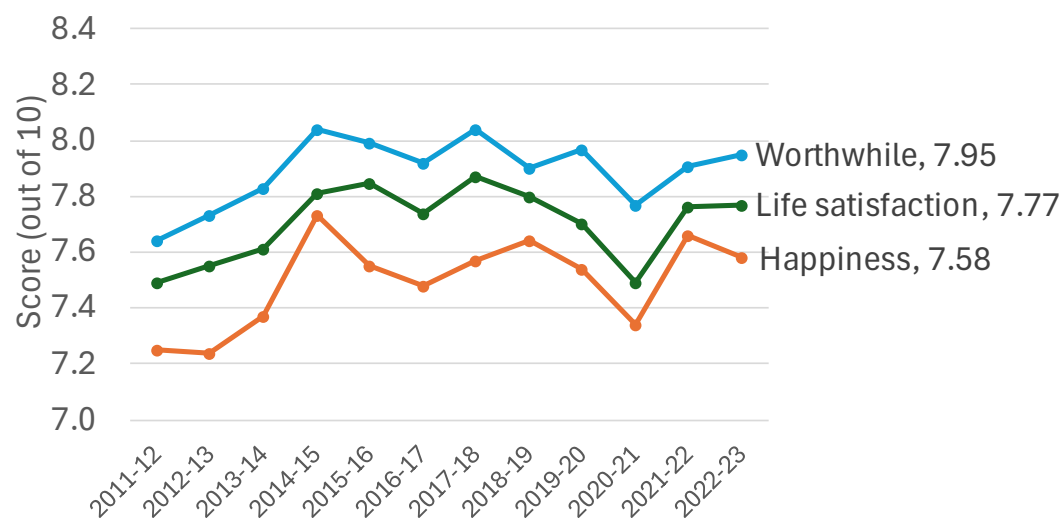
[1] [MHCYP Wave 4 - Briefing Presentation \(Final\).pdf \(digital.nhs.uk\)](#)

Adults

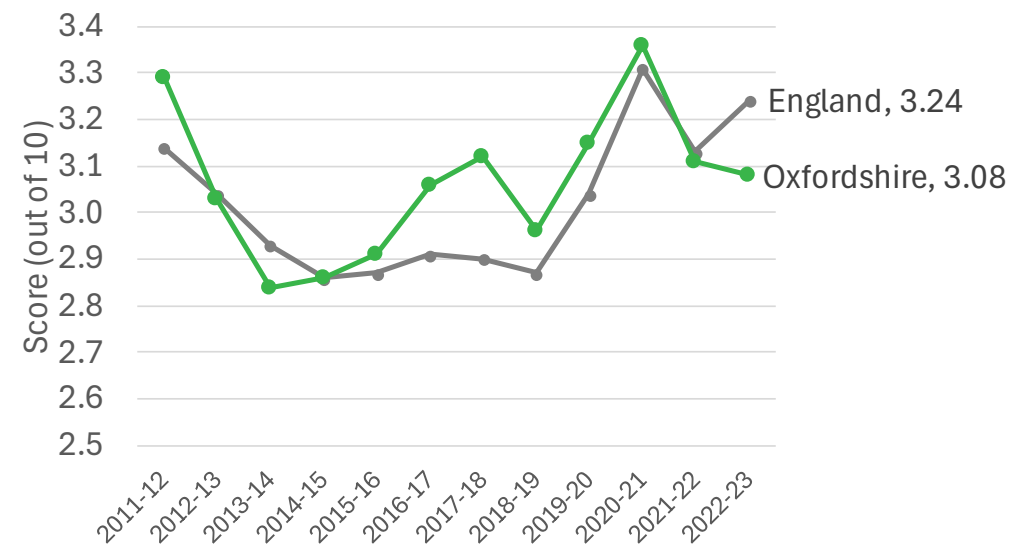
Measures of personal wellbeing - Oxfordshire

- The latest 2022-23 ONS wellbeing scores for Oxfordshire - happiness, life satisfaction, worthwhile - show a similar level to the previous year.
- Between 2021-22 and 2022-23 in England the average level of anxiety increased significantly. Levels of anxiety appear to have decreased in Oxfordshire, although not statistically different to the England average.

Trend in average wellbeing scores in Oxfordshire to year ending March 2023



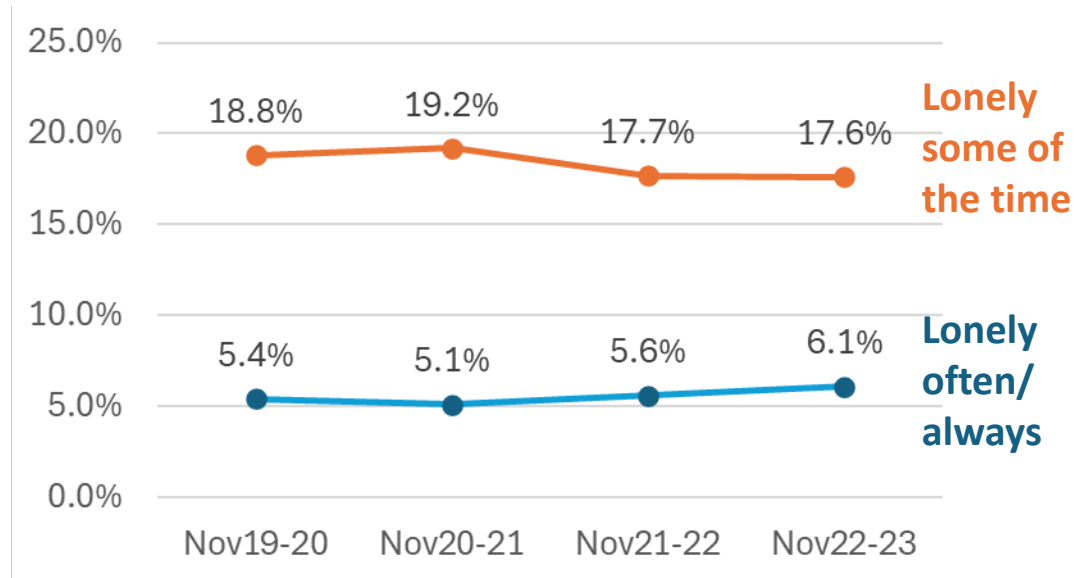
Trend in average level of anxiety to year ending March 2023, Oxfordshire vs England



Around a quarter of people aged 16+ reporting feeling lonely

- According to the latest Active Lives Survey (Nov22-Nov23) **almost a quarter of people** aged 16+ (24%) in Oxfordshire feel lonely *often/always* or *some of the time*, just below the England average (25%).
- This includes 6% who say they feel lonely often/always (England 7.3%).
- There has been little change in these measure since Nov19-20.

Oxfordshire: percent of respondents who feel lonely often/always and some of the time (from Active Lives survey)



Adults with a common mental disorder

- Key findings from the Adult survey of mental health and wellbeing in England in 2014 were:
 - Overall, around one in six adults (17 per cent) surveyed in England met the criteria for a common mental disorder* (CMD) in 2014.
 - 39 per cent of adults aged 16-74 with conditions such as anxiety or depression, surveyed in England, were accessing mental health treatment. This figure has increased from one in four (24 per cent) since the last survey was carried out in 2007.
 - Women were more likely than men to have reported CMD symptoms. One in five women (19 per cent) had reported CMD symptoms, compared with one in eight men (12 per cent). Women were also more likely than men to report severe symptoms of CMD - 10 per cent of women surveyed reported severe symptoms compared to 6 per cent of men.

- Applying the England prevalence of common mental disorder to the Oxfordshire adult population gives an estimated **100,600 people aged 18+ years with a common mental disorder** in Oxfordshire

- This is just above the number of GP-registered patients with depression in Oxfordshire (86,662 in 2022/23)

Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014. The Adult Psychiatric Morbidity Survey of mental health and wellbeing in England is carried out every 7 years. The most recent data (for 2014) was released in 2016 and the latest 2023/24 survey is due for publication in June 2025.

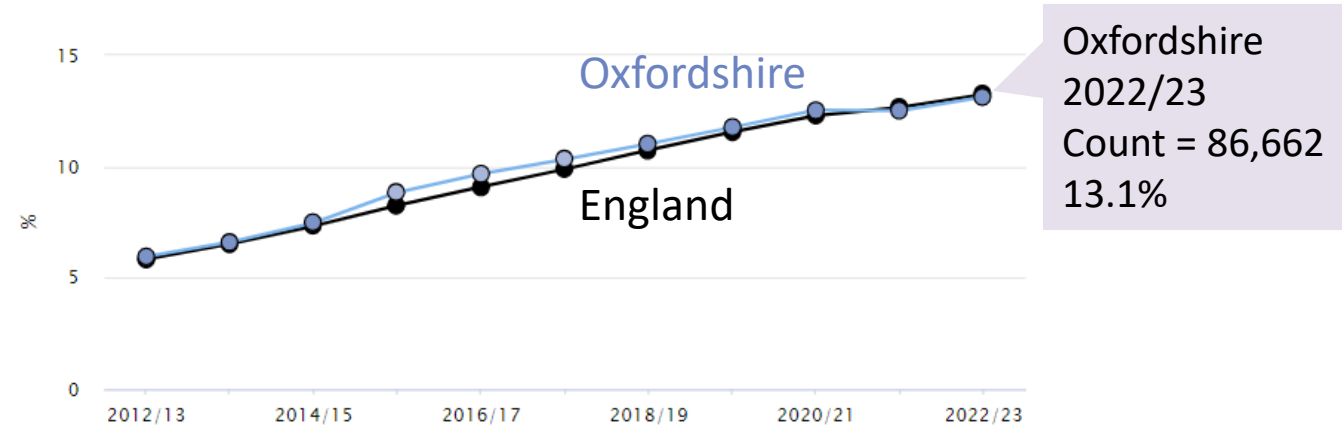
* Common Mental Disorders include: Generalised anxiety disorder, Depressive episode, Phobias, Obsessive compulsive disorder, Panic disorder. Specific CMDs and symptoms of CMD were assessed in the first phase interview using the Clinical Interview Schedule – Revised (CIS-R). The CIS-R is an interviewer administered structured interview schedule covering the presence of non-psychotic symptoms in the week prior to interview. Estimate uses ONS mid 2023 population aged 18+ years from www.nomisweb.co.uk

GP-recorded depression

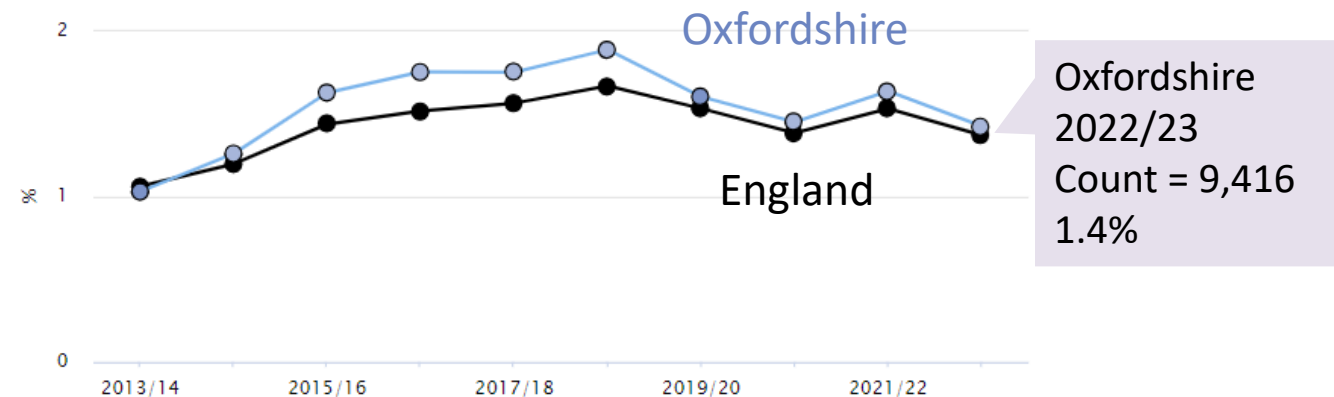
- As of 2022/23 there was a total of **86,662** people with GP-recorded depression in Oxfordshire (county). This was an increase of 5,485 (+7%) compared with the previous year, a similar trend to England.
- In 2022/23 there were 9,416 patients with depression recorded on the practice registers for the first time in the financial year

From [OHID fingertips](#) Quality and Outcomes Framework (QOF) NHS England
The percentage of patients aged 18 and over with depression recorded on practice disease registers for the first time in the financial year
For 2020/21 QOF data, NHS Digital have stated that changes in QOF during the pandemic mean that indicator data may be inaccurate and comparisons with data from previous years could be misleading. It is important that this caveat is acknowledged when using QOF indicators for 2020/21.

The percentage of **patients aged 18 years and over with depression**, as recorded on practice disease registers, to 2022-23



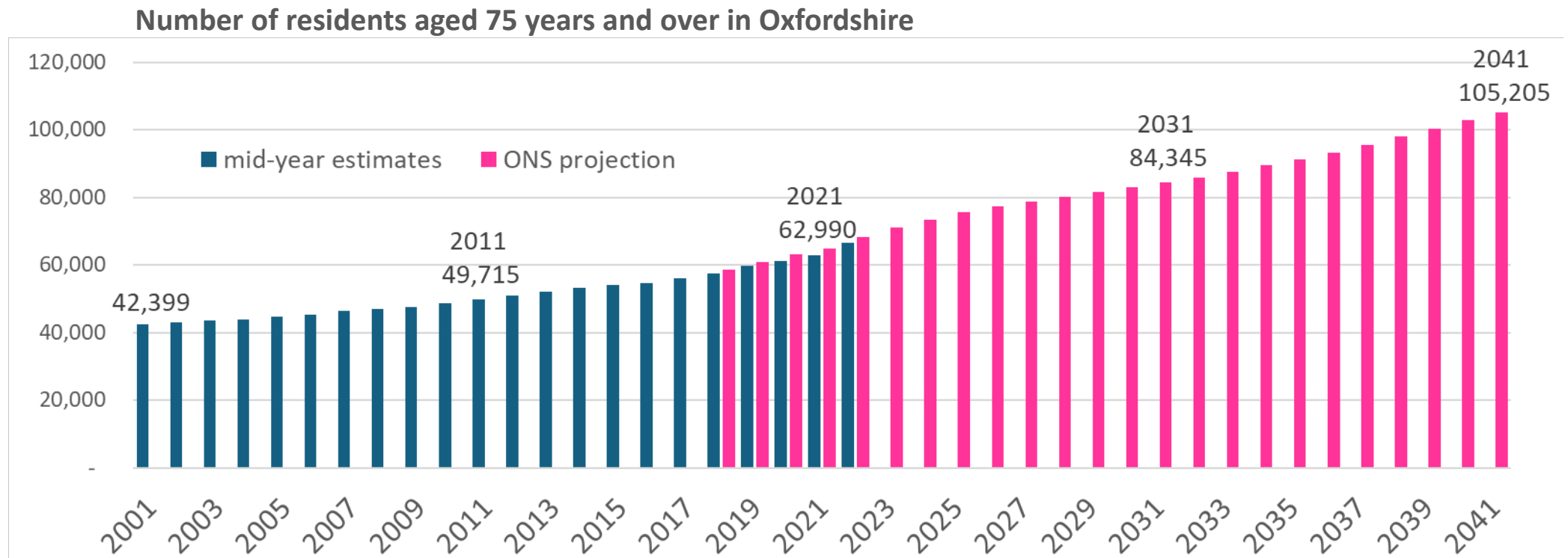
The percentage of **patients aged 18 years and over with new diagnosis of depression**, as recorded on practice disease registers, to 2022-23



Older people

Growth in the oldest population - historical and projected trend

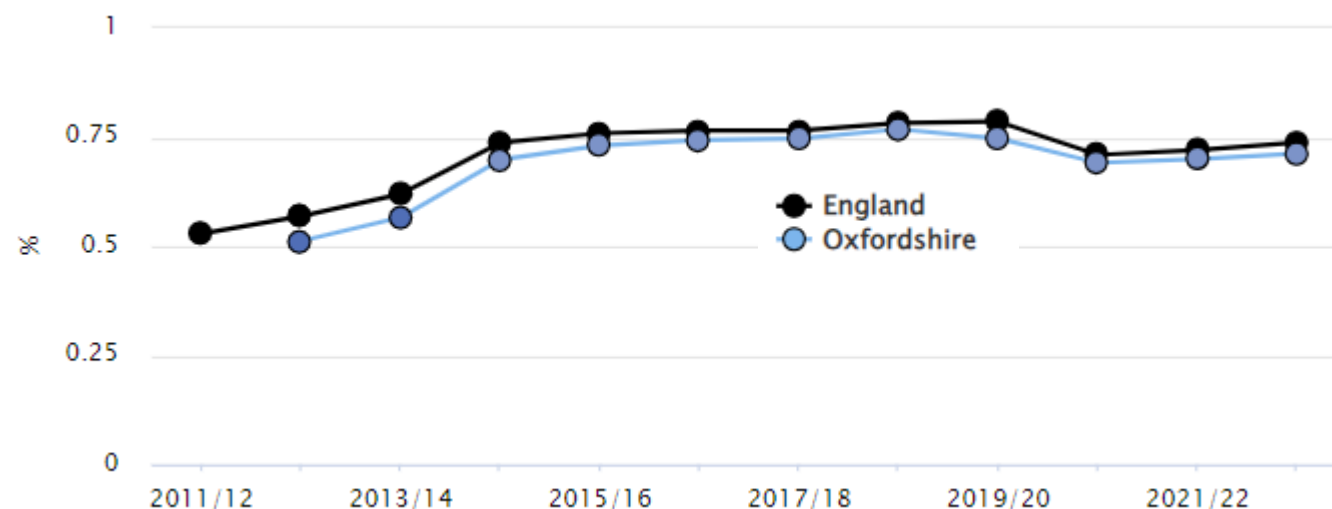
- Over the 20 years from 2001 to 2021, the number of people aged 75+ in Oxfordshire **increased by 20,600 (+49%)**.
- In the 20-year period between 2021 and 2041, this age group is projected **to increase by 40,200 residents (+62%)**, almost double the number added in the previous 20 years.



People living with dementia

- In 2022, Dementia and Alzheimer's disease was the recorded cause of 744 deaths in Oxfordshire, the second highest cause (after cancer)¹.
- As of 2022/23 there was a total of **5,807 GP-recorded patients with dementia** in Oxfordshire², 0.7% of the population.
- The estimated dementia diagnosis rate (those diagnosed as a proportion of all those estimated to have dementia, 2022) in Oxfordshire was 60.7%³.
- This implies around **9,600** people living with dementia in Oxfordshire (diagnosed and undiagnosed).

Dementia QOF prevalence (all ages)²
Oxfordshire and England



[1] ONS from www.nomisweb.co.uk

[2] From [OHID fingertips](#), source: [Quality and Outcomes Framework NHS England](#)

[3] From [OHID fingertips](#) source: NHS Digital prevalence from the Medical Research Council (MRC) Cognitive Function and Ageing Study II (CFAS II)

Mental health of people providing unpaid care

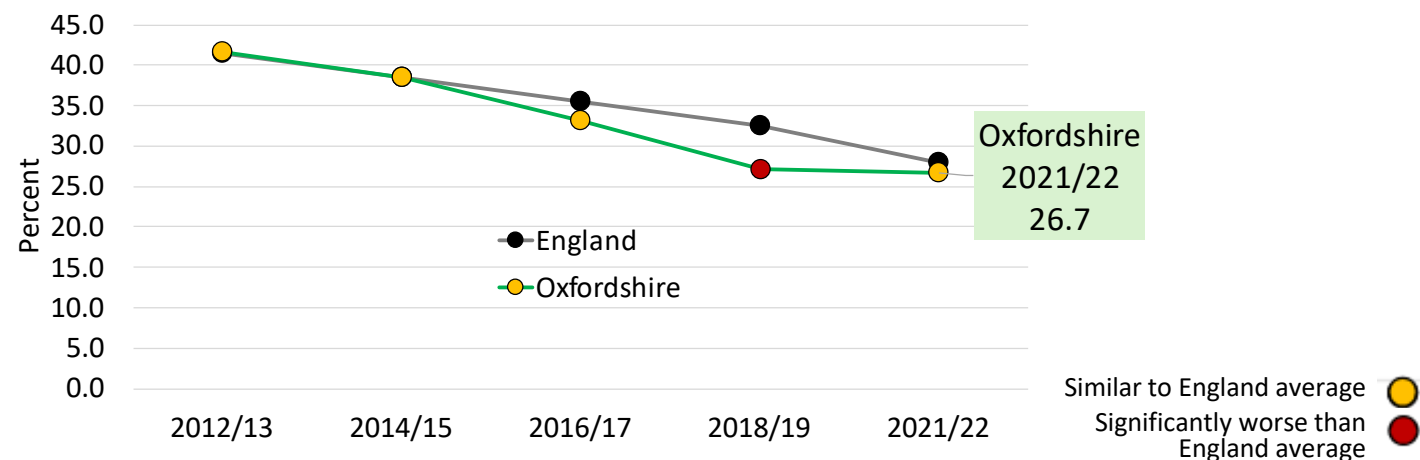
- National survey data shows the negative impact of unpaid caring on mental health
 - According to the 2024 Carers Week report¹, **by far the biggest negative impact due to unpaid caring is on mental health.**
 - 63% of current and former unpaid carers saying that it had a ‘slightly’ or ‘very’ negative impact on their mental health with 24% saying it had a ‘very negative’ impact.
 - Carers UK’s State of Caring survey 2023 found that over three quarters (79%) of carers feel stressed or anxious, half of carers (49%) feel depressed, and half of carers (50%) feel lonely as a result of their caring role.
 - Over a third of carers (36%) whose mental health was bad or very bad said they had thoughts related to self-harm or suicide.

I feel utterly trapped and exhausted, often in tears

I feel totally on my own

- Between 2012/13 and 2021/22 the proportion of carer respondents known to Adult Social Care, who reported having “as much social contact as they would like” declined significantly in Oxfordshire (and England)²

Percentage of adult carers who have as much social contact as they would like (Survey of Adult Carers)



[1] [Carers Week report 2024](#), data from commissioned YouGov poll of around 6,500 people

[2] [OHID fingertips](#) from Personal Social Services Survey of Adult Carers, NHS Digital

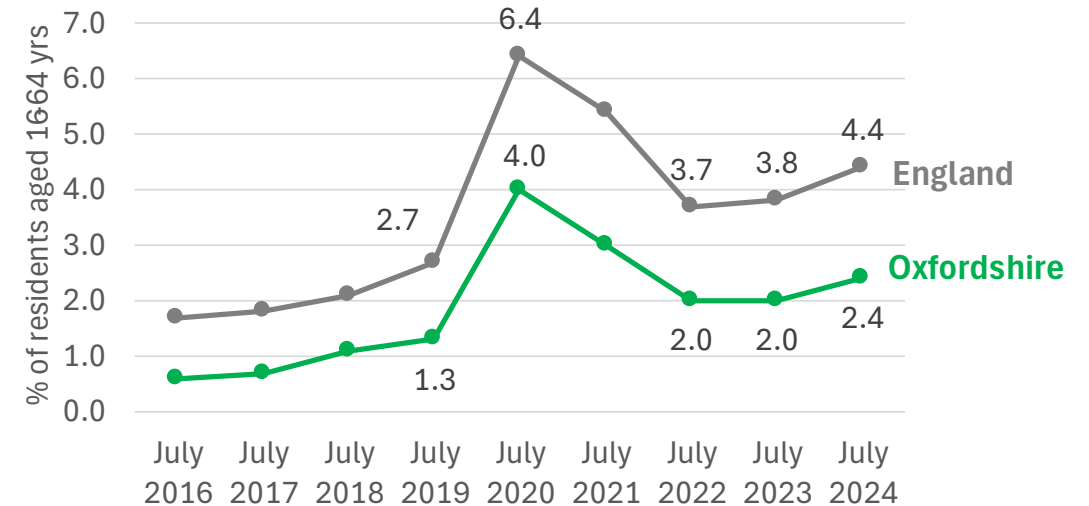
Quotes from Oxfordshire Survey of Adult Carers

Financial pressures

Financial pressures

- Recent increase in unemployment¹
 - As of July 2024, there were **11,045** residents of Oxfordshire claiming unemployment related benefits. This was 2.4% of the population aged 16-64 years and above the rate in July 2023 (2.0%) and in July 2019 (1.3%).
- High cost of renting²
 - The average cost to rent a two bed property (Oct22 to Sept23) in Oxford was £1,400, compared with £932 in England and £1,090 in the South East.
- Increasing number of households in fuel poverty³
 - Between 2021 and 2022, the proportion of households in Oxfordshire classified as “fuel poor” increased by 1.1 percentage points, from 7.9% to **9.0%**. This was an increase of 3,502 (+1.1%) to **26,700** households.

Claimants of unemployment related benefits as % of residents aged 16-64 years



Sources

[1] DWP claimant count from www.nomisweb.co.uk

[2] Private rental market summary statistics in England - Office for National Statistics (ons.gov.uk)

[3] Dept for Business, Energy and Industrial Strategy [Sub-regional fuel poverty 2024 \(2022 data\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Updated 25th April 2024.

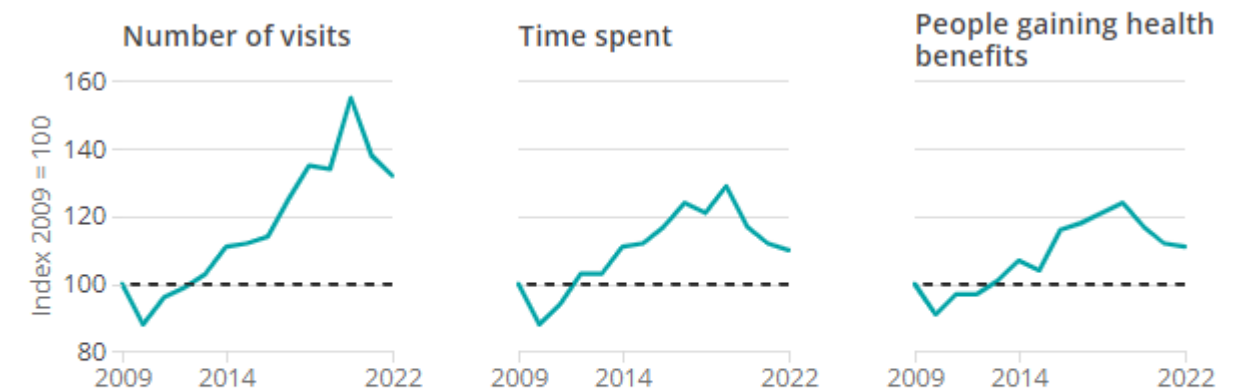
Communities

UK data shows that since COVID-19, people are spending less time in natural environments

- There is evidence¹ that greener neighbourhoods and more exposure to green space correspond to better physical and mental health and wellbeing including:
 - better self-assessed general and mental health
 - reduced all-cause and cardiovascular mortality
 - reduced stress
 - reduced incidence of low-birth weight
 - maintaining a healthier weight

- According to ONS², for the period between 2009 and 2018, there was an increase in the number of visits to nature, and time spent in it.
- Since 2020, however, separate survey data has shown a decline.
- **This downward trend since 2020 suggests that an increase in the number of visits to nature witnessed during the coronavirus (COVID-19) pandemic may have been temporary.**

Change in number of visits to, time spent in, and people gaining health benefits from nature, UK 2009 to 2022



Source: Natural Capital Accounts (based on recreation surveys from UK public bodies) from the Office for National Statistics

[1] [Improving access to greenspace, A new review for 2020](#), Public Health England

[2] [ONS health benefits of nature article Nov 2023](#)

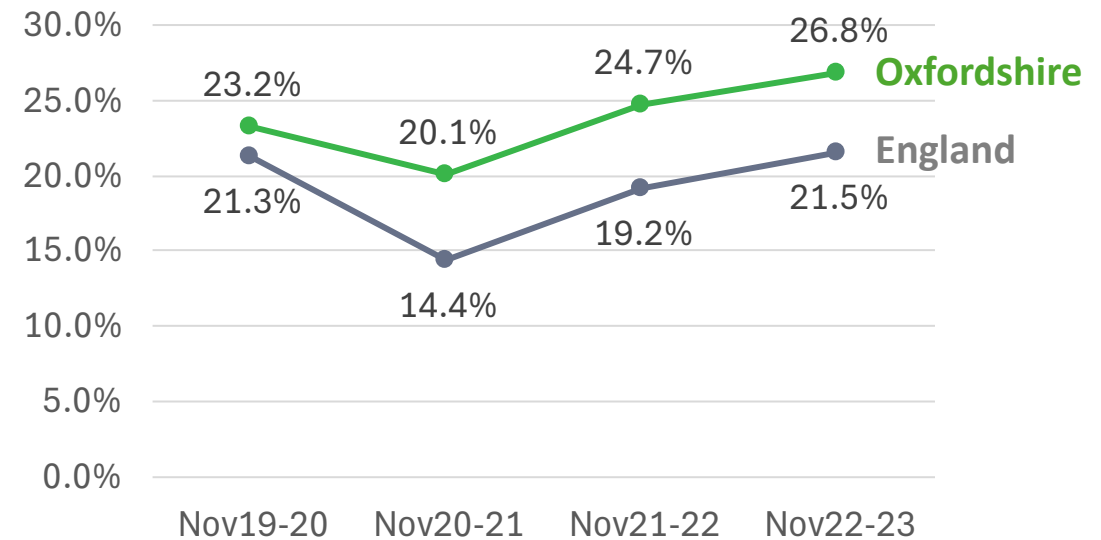
Volunteering and mental health

- The national NCVO survey (2019)¹ found that three-quarters of volunteers (77%) reported that **volunteering improved their mental health and wellbeing**.
- This benefit was more widespread than physical health benefits (53%).
- Rates of **volunteering in Oxfordshire appear to be above the national average²** in all broad age groups.
 - For Nov 2022 to Nov 2023, the proportion of the population aged 16+ years doing any level of volunteering in Oxfordshire was 26.8%, above the England average of 21.5%.
 - Rates of volunteering appear to have been increasing although the data is not available to test whether this change is statistically significant.

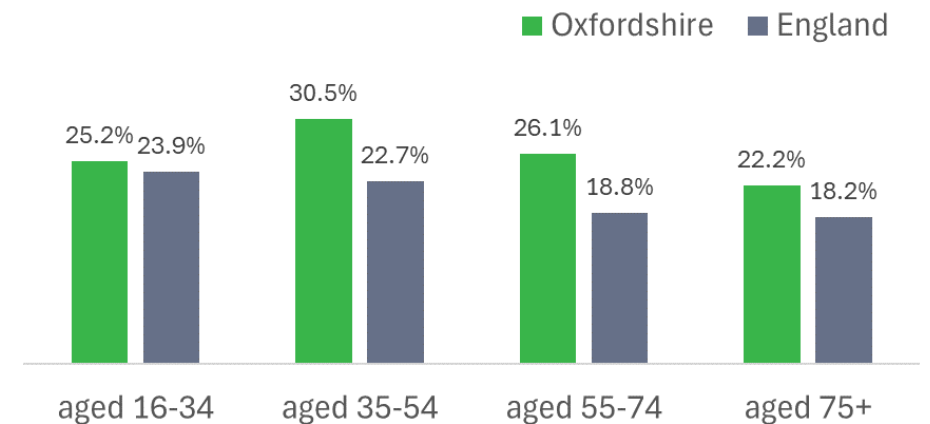
[1] National Council for Voluntary Organisations <https://www.ncvo.org.uk/news-and-insights/news-index/time-well-spent-national-survey-volunteer-experience/volunteer-impacts/>

[2] From Sport England Active Lives survey

Oxfordshire and England: percent of respondents volunteering (any amount)



Oxfordshire and England: percent of respondents volunteering (any amount) Nov22-Nov23 by age



Severe mental illness

Pregnancy / post birth and mental health - national

- *Most mental health problems are as common in the perinatal period as they are at other times of life [NHS England, 2018].*
- *Depression is likely to be under-recognised during pregnancy and postnatally [NICE, 2020].*
 - *In pregnancy, depression and anxiety are the most common mental health problems, affecting around 12% and 13% of women, respectively.*
 - *In the first year after birth, around 15-20% of women experience depression and anxiety.*
- *There is evidence to suggest that perinatal depression may be commonly missed or undertreated in general practice [Ford, 2017; RCGP/GPCPC, 2023].*
- The table below shows 2013 estimates of perinatal psychiatric disorders per thousand maternities¹ and the number of women this would imply in Oxfordshire in 2022 (applying 7,201 live births)

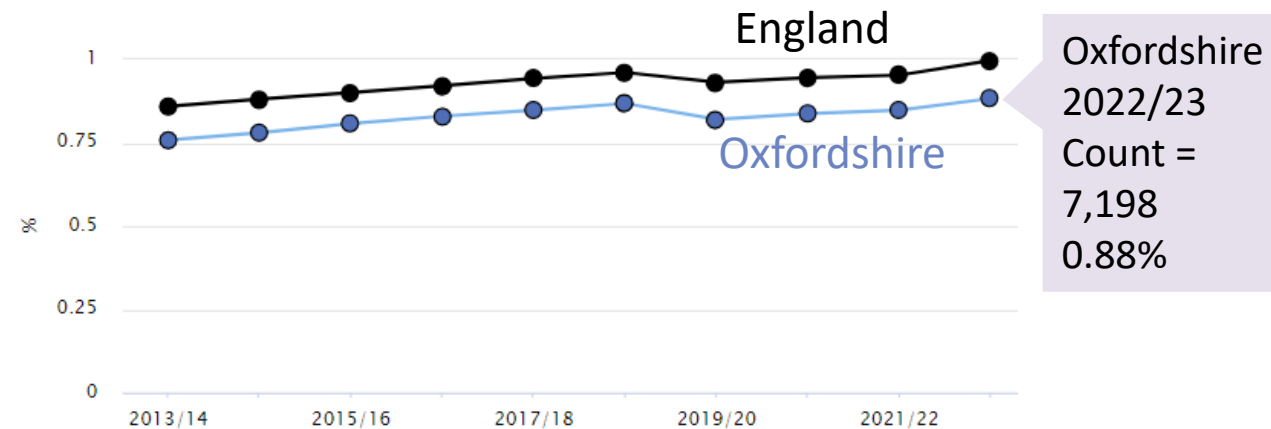
	Rates of perinatal psychiatric disorder per 1000 maternities (est 2013)¹	Calculated estimate of number of women in Oxfordshire (based on 2022 births)
Postpartum psychosis	2/1000	14
Chronic serious mental illness	2/1000	14
Severe depressive illness	30/1000	216
Mild-moderate depressive illness and anxiety states	100-150/1000	720-1,080
Post traumatic stress disorder	30/1000	216
Adjustment disorders and distress	150-300/1000	1,080-2,160

[1] 2013 guidance for commissioners of perinatal mental health services <https://www.slideshare.net/slideshow/jcpmh-perinatalguide/16924261>

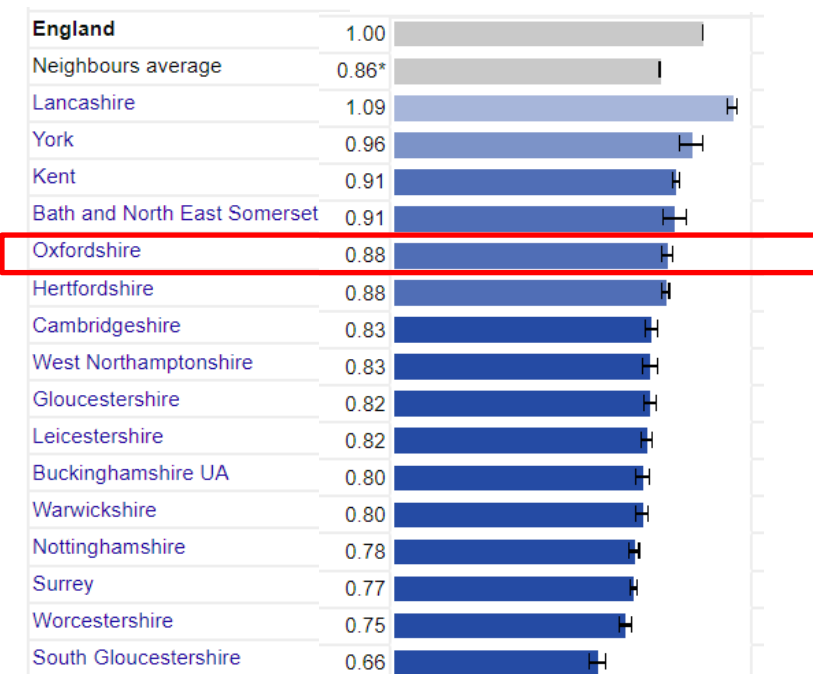
GP-recorded schizophrenia, bipolar affective disorder and other psychoses

- As of 2022/23 there was a total of 7,198 people with GP-recorded schizophrenia, bipolar affective disorder and other psychoses in Oxfordshire (county). This was similar to the previous year.
- The 2022/23 the prevalence of GP-recorded schizophrenia, bipolar affective disorder and other psychoses for Oxfordshire was 0.88% of patients, below the England average.
- Oxfordshire was statistically above (worse than) 10 in its group of 16 NHS statistical neighbours on prevalence of schizophrenia, bipolar affective disorder and other psychoses.

The percentage of **schizophrenia, bipolar affective disorder and other psychoses**, as recorded on practice disease registers, to 2022-23

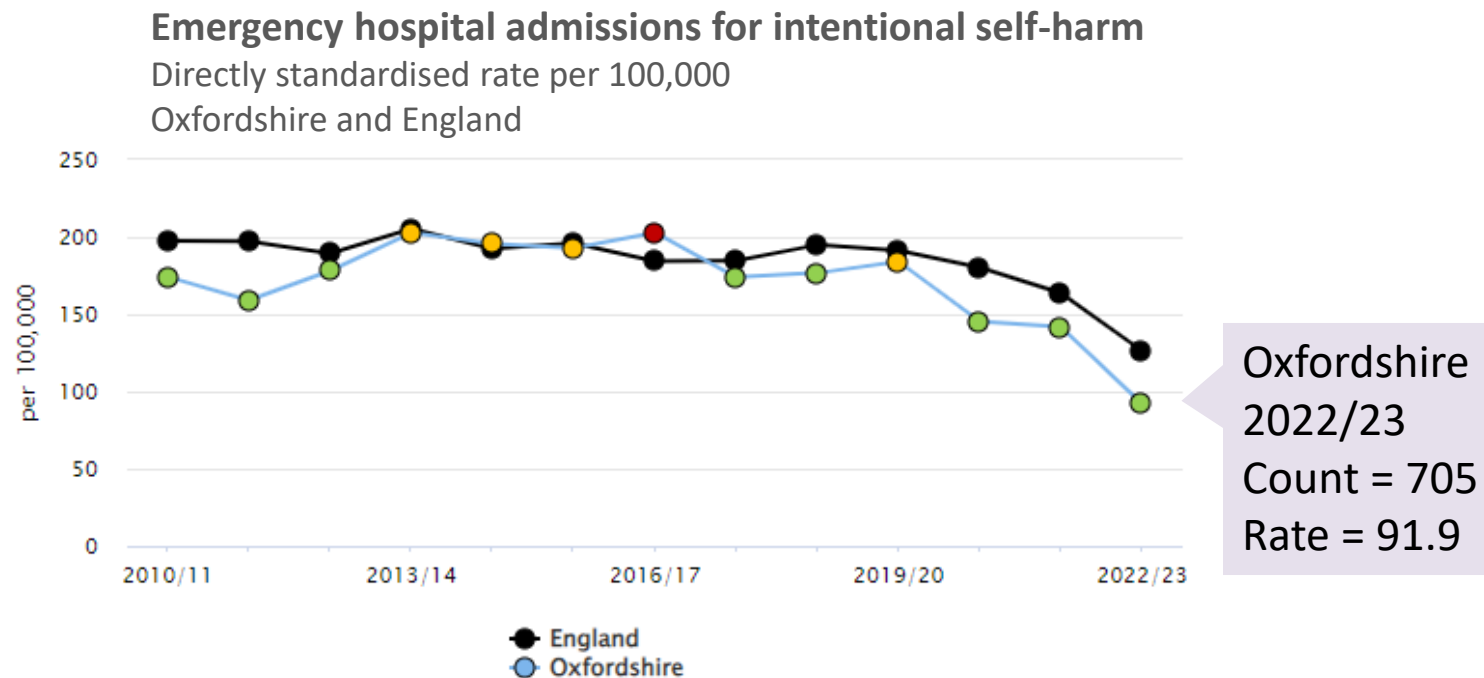


Schizophrenia, bipolar affective disorder and other psychoses
Oxfordshire vs NHS statistical neighbours 2022-23



Fall in emergency hospital admissions due to self-harm

- The number of emergency hospital admissions for intentional self-harm in Oxfordshire fell significantly between 2021/22 and 2022/23, similar to the England trend.
- The rate of admissions was below the England average and one of the lowest in Oxfordshire's group of NHS statistical neighbours.



Finding data resources

Oxfordshire Mental Health Prevention Framework 2024-2027

The local picture across the life course

PREGNANCY

Oxfordshire had **7379** LIVE BIRTHS in 2021¹

Perinatal Mental Illness affects up to **27%** of new and expectant mothers²

FROM 2020 **6%**

In 2021-22 there were **545** hospital admissions for **10-24 year olds** as a result of self-harm, equivalent to a rate of **402** per 100,000 population¹

4.8% of boys and **2.1%** of girls in all state schools now have social, emotional and mental health needs¹

CHILDREN & YOUNG PEOPLE

For the 3 years 2019 to 2021, there were **181** deaths from suicide in Oxfordshire³

76% MALES and **24% FEMALES**

138 MALES and **43 FEMALES**

ADULTS

Improvements in personal wellbeing data in Oxfordshire between March 2021 and March 2022¹

WORTHWHILE 0.1% each increased by
HAPPINESS 2%
LIFE SATISFACTION 1.7%

At the age of 65 **Males** can expect just over **11 years** of healthy life, followed by **8.5 years** in poor health

At the age of 65 **Females** can expect almost **14 years** of healthy life, followed by **8 years** in poor health.⁴

The number of **older people aged 65 and over** increased¹ **48%** 2001 -2021

23% of people aged 85+ live in areas of Oxfordshire ranked in the **most deprived** areas nationally on access to services¹

OLDER PEOPLE

Resilient Communities

- Continue to explore, identify and share funding opportunities with the group to deliver community based initiatives
- Promote wellbeing through connection to people and place
- Focus on groups in the community with identified need

Mental health and wellbeing data resources for Oxfordshire

- Reports and dashboards published at [Joint Strategic Needs Assessment | Oxfordshire Insight](#)
- [Mental Health and Wellbeing | Oxfordshire Insight](#)
- If you need help finding data please get in touch jsna@oxfordshire.gov.uk

Oxfordshire Insight

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Mental Health and Wellbeing

Mental wellbeing is about getting the most from life, staying well, and feeling connected to those around you and where you live.

There are many factors that impact on mental wellbeing, including someone's financial situation, physical activity levels, access to and use of green spaces, connection to others, as well as wider factors in our communities.

DOWNLOAD


- [Extract of Mental Health and Wellbeing data JSNA 2023](#) (pdf)
- [Interactive summary of Mental Health and Wellbeing data JSNA 2023](#) (Sway)
- [Mental Wellbeing Needs Assessment report 2021](#) (pdf)

EXPLORE

- [Mental Wellbeing Needs Assessment animation \(2021\)](#)

RELATED REPORTS and FURTHER INFORMATION

- [Oxfordshire Storytelling Project report \(August 2022\)](#)
- [Public Mental Health Dashboard](#) Office for Health Improvement and Disparities
- [NHS Mental Health dashboard](#)
- [Mental Health, Dementia and Neurology](#) Public health data profiles via fingertips



Related News

- [New Community Insight Profiles for Littlemore and Central Oxford](#)
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- [New JSNA bitesize on Pension Credit](#)
01 November 2023
- [Oral Health Needs Assessment 2023](#)
06 October 2023
- [Health Needs Assessment for Promoting Healthy Weight](#)
22 May 2023
- [November 2022 Analyst Networking Meeting](#)
25 November 2022

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Online resources providing data on mental health

- [Mental Health - OHID \(phe.org.uk\)](http://phe.org.uk)
- [Mental Health Data Hub - NHS England Digital](#)