

**EXTRACT of Mental Health  
and Wellbeing data from...**

# Oxfordshire Health and Wellbeing

Joint Strategic Needs Assessment 2023

*Oxfordshire*



**JSNA**

## Introduction

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#### Population groups - disability

##### Learning disabilities

##### Autism

#### Health conditions and wellbeing

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## This pack

- This pack is an extract from the 2023 update of the Oxfordshire Joint Strategic Needs Assessment and includes datasets directly related to mental health and wellbeing.
- Note that only limited data has been copied into here on the behavioural and wider determinants of mental health and wellbeing. For further information please refer to the full [Joint Strategic Needs Assessment | Oxfordshire Insight](#).
- This extract and other information related to mental health and wellbeing in Oxfordshire is available at [Mental Health and Wellbeing | Oxfordshire Insight](#).

Last updated 13 November 2023

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## Mental Health and Wellbeing Summary - 1

### Prevalence

- There was an estimated total of 30,600 people with mental health as a disability impairment in Oxfordshire (from Family Resources Survey 2020-21).
- As of 2022-23 there were 86,169 patients with depression recorded by Oxfordshire GPs. The prevalence rate was 13.17%, similar to the England rate of 13.25%.
- Almost half of claimants of Employment Support Allowance and Personal Independence Payments in Oxfordshire were related to mental health.
  - Of the 9,308 claiming Employment and Support Allowance in Oxfordshire (Feb 2023), 49% were recorded as Mental and behavioural disorders (4,566).
  - Of the total 19,334 claiming Personal Independence Payments (aged 16+) in Oxfordshire (Feb 2023), 42% were recorded as Psychiatric disorders (8,105).

### Wellbeing and loneliness

- The latest ONS measures of personal wellbeing for Oxfordshire have each improved. Levels of reported anxiety in Oxfordshire have decreased in line with the England trend but are below the England average.
- Over the last 3 years the percentage of adults who felt lonely always or often or some of the time, in Oxfordshire fell slightly.
- According to the Oxfordshire's GP Patient survey (2022), Oxfordshire was above average and above both Buckinghamshire and Berkshire West on the proportion "feeling isolated from others".
- The latest findings from the Adult Social Care (ASC) survey show an increase in the proportion of people agreeing they have as much social contact as they would like in Oxfordshire (and nationally), although not yet back at pre-pandemic levels.

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## Mental Health and Wellbeing Summary - 2

### Children and young people

- The 2022 DfE State of the Nation report found that the percentage of those reporting low happiness with their health appears to have increased between 2019 and 2020 and has continued to increase in subsequent years.
- Similar to the national trend, Oxfordshire has an increasing percentage of children with social, emotional and mental health needs, with a higher prevalence in boys.
- In Oxfordshire rates of self-harm hospital admissions in children and young people (aged 10-24 years) have remained relatively similar over time.
- Preliminary findings from the OxWell 2023 survey found that 18% of students often feel lonely and 1 in 4 often/always feel sad or empty.
- Of those pupils in Year 12 and 13, 47% answered 'Yes' to having a mental health problem affecting daily life.

### Services

- Based on the projected estimates from Oxford Health, 2022-23 saw 35,289 (5%) people referred to mental health services in Oxfordshire. This was a 7% (-2,637) decrease from 2021/22.
- Between July 2022 and August 2023 18,630 NHS Oxfordshire patients were referred to NHS Talking Therapies and 14,700 (79%) started treatment.
- In 2022 Thames Valley Police recorded a total of 290 section 136 detentions in Oxfordshire. This was 20% below the 3-year average (for the years 2019 to 2021). There was a 13% decrease across the Thames Valley area.

### Volunteering

- Volunteering has been linked to a variety of mental health benefits. In a national survey conducted on volunteer experience in 2023, 75% of respondents said that volunteering had improved their mental health.
- 40% of respondents to the Oxfordshire County Council residents survey (2022) had provided unpaid help to their local community groups, clubs or organisations in the previous 12 months.



Extract from Chapter 3

# Population groups - disability

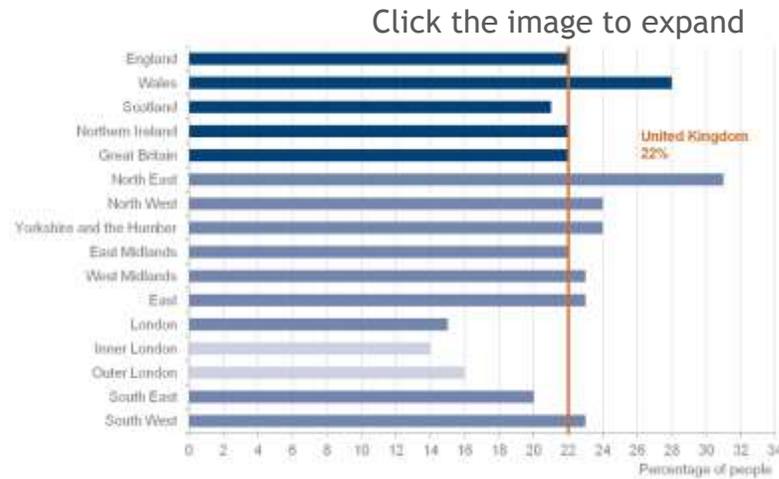
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## Disability - National Survey Data

The Family Resources Survey provides national disability estimates.

- In 2020/21 it was estimated that around 20% of people in the South East region had a disability, just below the prevalence in England of 22%<sup>1</sup>.
- 29% reported a mental health impairment in 2020/21.

Disability prevalence by region and country, 2020 to 2021, United Kingdom



Impairment types reported by disabled people, all ages, 2018/19 - 2020/21, United Kingdom



[1]Family Resources Survey: financial year 2020 to 2021 - GOV.UK ([www.gov.uk](http://www.gov.uk)) (released 23 March 2023)  
Ch4\_Disability.xlsx (live.com)

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## Disability - Census

- From the Census 2021, there was 105,482 people in Oxfordshire who were disabled under the Equality Act.
- Applying the proportion of people from the Family Resource Survey, of which 29% of those estimated to be disabled had a mental health impairment, there is an estimated total of 30,600 people with mental health as a disability impairment in Oxfordshire.

**Number and percentage of all usual residents in Oxfordshire who has a disability, Census 2021**

Disability	Number	%
Total: All usual residents	725,291	100.00
Disabled under the Equality Act	105,482	14.5
Not disabled under the Equality Act	619,809	85.5

[1]Family Resources Survey: financial year 2021 to 2022 - GOV.UK ([www.gov.uk](http://www.gov.uk)) (released 23 March 2023)  
 Census 2021 TS038 Disability <https://www.nomisweb.co.uk/livelinks/16455.xlsx>

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## Disability - Benefits Claimants

*Employment and Support Allowance (ESA)* supports those with a disability or health condition that affects work. ESA has replaced *Incapacity Benefit (IB)* and *Severe Disablement Allowance (SDA)*.

*Personal Independence Payment (PIP)* helps with extra costs for working age adults with long term ill-health or a disability. From 2013, PIP has replaced *Disability Living Allowance (DLA)* for working age adults, but DLA still applies for young people aged under 16.

*Attendance Allowance* helps with extra costs for care and supervision due to a disability for state pension age residents who do not receive DLA/PIP

- In February 2023 there was a total of 53,915 disability-related benefits claimed in Oxfordshire.

## Disability-related benefits claimed in Oxfordshire to February 2023

	Feb-20	Feb-21	Feb-22	Feb-23
Incapacity Benefit and Severe Disablement Allowance	262	232	206	186
Employment and Support Allowance	10,593	10,371	9,797	9,307
Disability Living Allowance	11,807	11,621	11,767	11,903
Personal Independence Payment	13644	15003	16585	19334
Attendance Allowance	13185	12387	12603	13185
<b>Total</b>	<b>49,491</b>	<b>49,614</b>	<b>50,958</b>	<b>53,915</b>

Descriptions from [Gov.uk](https://www.gov.uk) and data from [DWP Stat-Xplore](https://www.dwp.gov.uk/stat-xplore) using cases with entitlement for DLA, PIP and Attendance Allowance (which includes those in receipt of an allowance and those with entitlement where pay has been temporarily suspended, for example if they are in hospital). Some people may claim more than one benefit.

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## People with Mental Health conditions claiming benefit support

ESA

- Of the total 9,307 claiming Employment and Support Allowance in Oxfordshire (Feb 2023), 49% were recorded as Mental and behavioural disorders (4,565)
- There has been a declining trend in claimants of ESA - according to DWP... *Over recent years, the number of ESA claims has been decreasing because Universal Credit has replaced ESA for new income-related claims on the grounds of incapacity.* Data published on UC does not include health condition. Read more about the changes [here](#)

PIP

- Of the total 19,334 claiming Personal Independence Payments (aged 16+) in Oxfordshire (Feb 2023), 42% were recorded as *Psychiatric disorders* (8,105)

data from [DWP Stat-Xplore](#)

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## Disability - Learning disabilities

According to NHS Digital:

- People with a learning disability aged 0-74 were between 3.87 and 4.11 times more likely to die in the period 2016-19 than people in the general population in the same age and sex group.
- Epilepsy is 26 times more common in people with learning disabilities than those without.

According to the school census (as of January 2023) in Oxfordshire there was a total of 6,582 pupils with learning difficulties (including specific, moderate, severe, profound and multiple) in schools in Oxfordshire:

- 2,925 pupils with learning difficulties in state primary schools (5% of pupils)
- 3,109 pupils with learning difficulties in state secondary schools (7% of pupils)
- 550 pupils with learning difficulties in special schools (42% of pupils)

For data on health, health checks and screening of people with learning disabilities, see JSNA bitesize [Health and Care of People with Learning Disabilities](#)

NHS Digital, [Health and Care of People with Learning Disabilities, Experimental Statistics: 2020 to 2021](#)

NHS Digital, [Quality and Outcomes Framework 2020-21](#)

School Census: 2022/2023

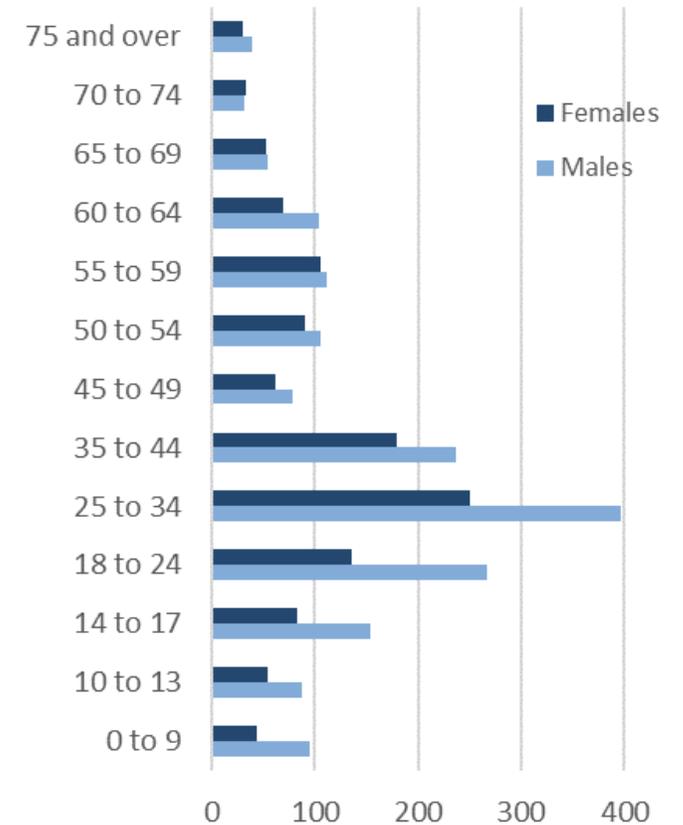
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## Learning Disabilities by gender and age

- Experimental statistics show that, as of 31 March 2022, there were 2,945 patients recorded on their GP’s Learning Disabilities (LD) register in Oxfordshire.
- Patients with LD made up 0.39% of the total patient register in Oxfordshire (0.5% in England)
- By gender and age, the NHS Oxfordshire LD register included more males than females and more people aged 18 to 49:
  - 979 males (60%)
  - 626 females (40%)
  - 2,945 people aged 18 to 49 (54%)
  - 824 people aged 50+ (28%)

[Health and Care of People with Learning Disabilities Experimental Statistics 2021 to 2022 - NHS Digital](#) Next update due Dec23  
 Notes from NHS Digital: The outbreak of Coronavirus (COVID-19) has led to unprecedented changes in the work and behaviour of GP practices and consequently the data in this publication may have been impacted, including indicators and contextual data from patients registered at a GP Practice.

Number of patients recorded on their general practice’s learning disabilities register, Oxfordshire GP practices as at 31 March 2022



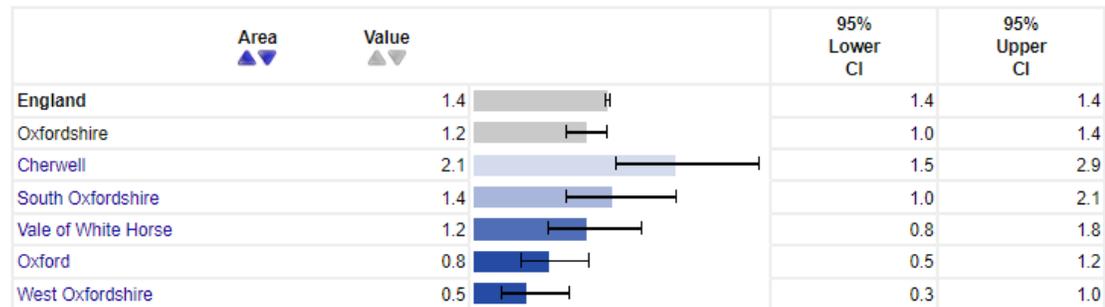
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## Learning Disabilities and health conditions

*In the UK, musculoskeletal conditions are the leading cause of disability accounting for 30.5% of all years lived with disability; 26% of adults report having been diagnosed with at least one mental illness over their lifetime in the adult population who have a MSK condition. Data from the GP Patient Survey has been used to raise awareness of the association between musculoskeletal conditions and mental health conditions and to stimulate better pain management strategies.*

- Data which estimates the likelihood of people with a musculoskeletal (MSK) condition also living with a mental health condition shows:
  - A higher likelihood of those with a MSK reporting a mental health condition in England and Oxfordshire
  - A likelihood in Oxfordshire that is similar to the national average (no significant difference, indicated by overlapping confidence intervals).

### Odds ratio of reporting a mental health condition among people with and without an MSK condition 2022



*An odds ratio of 1 represents no difference between long-term mental health condition prevalence rates in the two groups. An odds ratio higher than 1 signifies the group with a long-term musculoskeletal condition are more likely to have a mental health condition than their counterparts.*

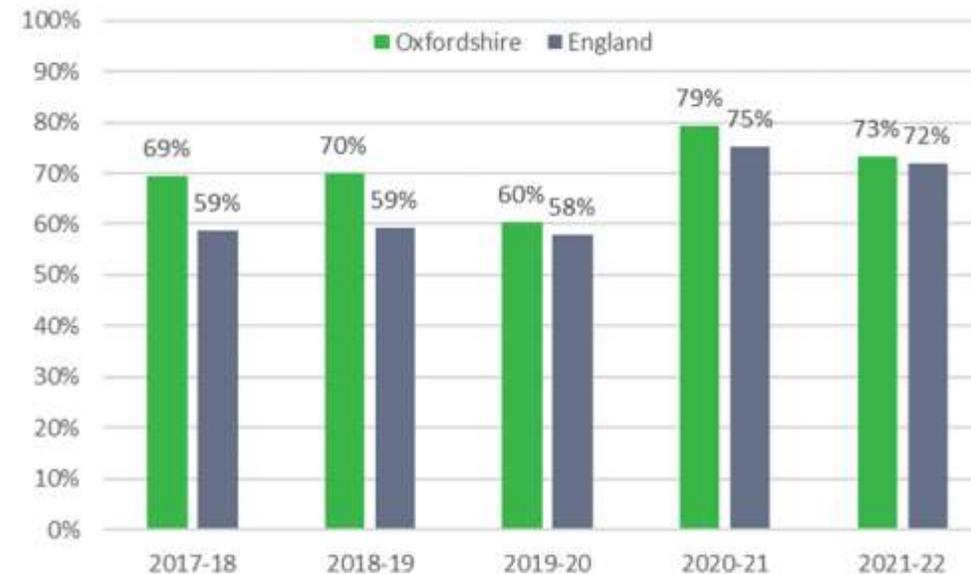
OHID [Profile MSK Conditions](#)

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## Health Checks for people with Learning disabilities

- In 2021-22 Oxfordshire GP practices provided a health check to 73% of registered patients with learning disabilities (aged 14 and over).
- This was below the Oxfordshire average in the previous year of 79%.

Percentage of patients who had a learning disability health check (aged 14 or over) in the 12 months to 31 March each year



[Health and Care of People with Learning Disabilities Experimental Statistics 2021 to 2022 - NHS Digital](#)  
 From interactive dashboard Next update due Dec23

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## Learning Disabilities and health conditions

- People with learning disabilities (LD) are likely to have much higher rates of certain health conditions than the general population.
- Rates of Mental Health conditions were 6.4 times higher for people with learning difficulties.
- Rates for depression were 1.1 times higher for people with learning disabilities.

### Health and Care of People with Learning Disabilities Experimental Statistics 2021 to 2022 - NHS Digital

Interactive data visualisation Next update due Dec23

SPR = Standardised Prevalence Ratio XX times as likely as the population

To make a valid comparison, the number of cases in people with learning disabilities is shown as a percentage of the number expected if the general population age and sex specific rates had been applied to them.

A figure of more than 1 means the condition occurs more often than expected in people with learning disabilities, e.g. SPR = 2 means the condition is twice as common as expected in people with learning disabilities

## NHS Oxfordshire patients 2021-22

Disease category	SPR*	Observed	Expected
Epilepsy	29.4	508	17
Autism	18.0	806	45
Mental Health	6.4	156	24
Dementia	6.3	46	7
ADHD	5.3	195	37
Hypothyroidism	3.3	256	78
Diabetes – non-Type 1	2.3	187	81
Diabetes – Type 1	2.3	29	13
Stroke	2.0	54	28
Heart Failure	1.8	24	13
Asthma	1.6	256	161
Blood pressure	1.6	2,435	1,491
Hypertension	1.2	290	238
Depression	1.1	435	381
Cancer	0.9	66	72

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## Disability - Autism

*Autism is a lifelong, developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them. The common diagnostic term for autism is ‘Autism Spectrum Disorder’ (ASD). Autism as a spectrum condition means that autistic people share certain difficulties, but being autistic will affect them in different ways. Some autistic people also have learning disabilities, mental health issues or other conditions*

- In 2022/2023, there were **2,683** pupils in Oxfordshire registered with their primary/main type of need as Autism Spectrum Disorder. This is 2.6% of all pupils.
  - Of these, 995 were in state-funded primary schools, 1,154 were in state-funded secondary schools and 454 were in special schools.
- This is a 9% increase in the number of registrations in previous years, with 2,683 in 2022/23 compared with 2,461 in 2021/22.
- The proportion of pupils with autism in Oxfordshire was higher than the England average in state-funded secondary schools (2.7% compared with 2.0% nationally).

**Percentage of total pupils in Oxfordshire with primary type of need as Autism Spectrum Disorder**

	Jan 2021	Jan 2022	Jan 2023	England Jan 2023
Primary schools	1.4%	1.6%	1.8%	1.7%
Secondary schools	2.3%	2.6%	2.7%	2.0%
Special schools	31.6%	33.0%	34.5%	35.0%
Total	1.9%	2.0%	2.6%	2.4%

Oxfordshire County Council; DfE, [Special educational needs in England: 2022/23](#) updated next in 2024.



Extract from Chapter 4

# Health conditions and wellbeing

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## Prevalence of depression - Oxfordshire and England

- *Prevalence of depression is recorded by GPs and published as part of the Quality and Outcomes Framework (QOF).*
- As of 2022-23 these were 86,169 patients with depression recorded by Oxfordshire GPs. The prevalence rate was 13.17%, similar to the England rate of 13.25%.
- In Oxfordshire, depression was 0.6 percentage points higher than in 2021-22

### Prevalence, mental health and neurology group, depression, 2022-23, national and local authority level

	2021/22		2022/23		Year on year change (percentage point)
	Register	Prevalence (%)	Register	Prevalence (%)	
Oxfordshire	80,720	12.54	86,169	13.17	0.63
England	6,180,370	12.66	6,618,681	13.25	0.59

[QOF 2022-23 - NHS Digital](#)

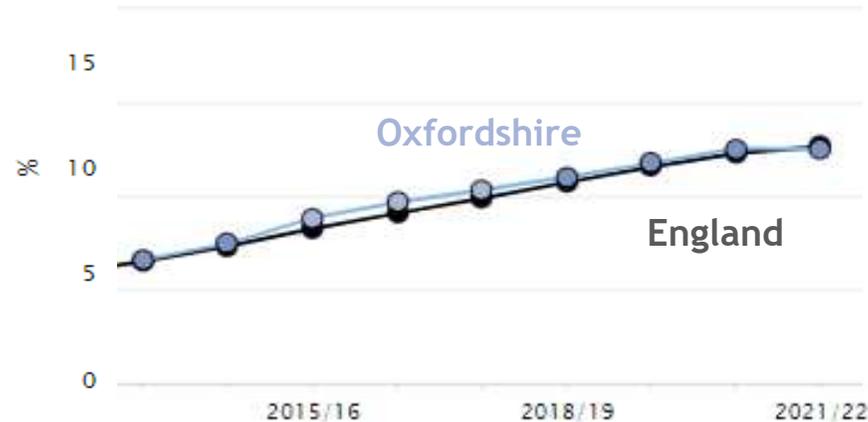
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## Mental Health - Depression

*Depression affects different people in different ways but it can include some or all of the following symptoms: feelings of sadness and hopelessness; losing interest in things; feeling tearful; feeling constantly tired, sleeping badly, having no appetite. It can result in significantly reduced quality of life for the patient their family and carers.*

- In 2021-22 there were 81,177 patients (aged 18 or over) with a diagnosis of depression registered by Oxfordshire’s GP practices.
- The prevalence of recorded depression in Oxfordshire has stayed the same at 12.5%, slightly below the England average of 12.7%, however compared to 2017/18 there has been a 2-percentage point increase in patients with depression.

**The percentage of patients aged 18 and over with depression, as recorded on practice disease registers, to 2020-21**



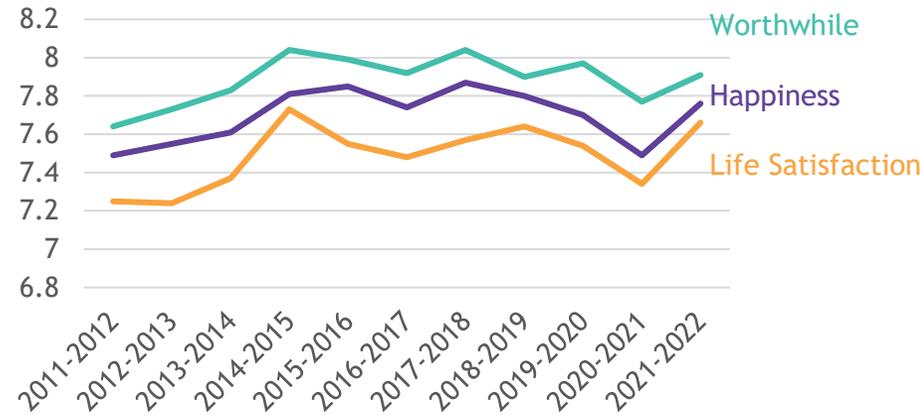
[Mental Health and Wellbeing JSNA - OHID \(phe.org.uk\)](https://phe.org.uk)

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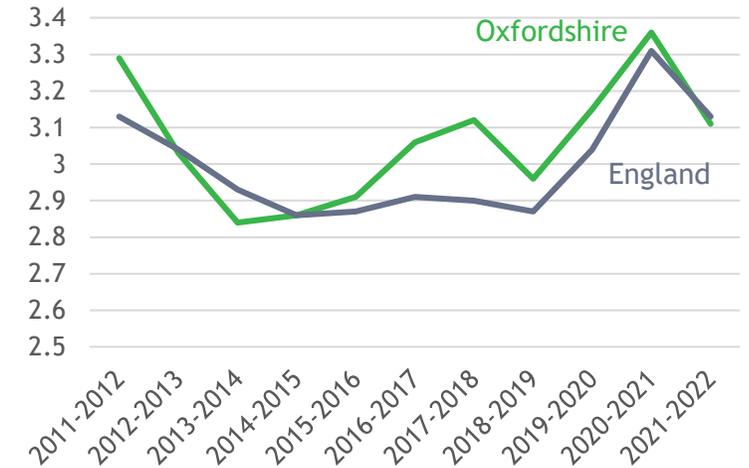
## Personal wellbeing

- The latest ONS measures of personal wellbeing for Oxfordshire have each improved. Levels of reported anxiety in Oxfordshire have decreased in line with the England trend and are below the England average.
  - Between the years ending March 2021 and March 2022, the mean score for feeling “worthwhile”, “happiness” and “life satisfaction” each increased by 0.1%, 2% and 1.7% respectively.

Trend in average wellbeing scores in Oxfordshire to year ending March 2022



Trend in average level of Anxiety to year ending March 2022, Oxfordshire vs England



**ONS Personal wellbeing in the UK** note that vertical scales do not start at zero

The personal wellbeing estimates are from the Annual Population Survey (APS), which provides a representative sample of those living in private residential households in the UK. People living in communal establishments (such as care homes) or other non-household situations are not represented in this survey and this may be important in interpreting the findings in relation to those people reporting lower personal wellbeing.

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## Children and Young People's wellbeing - national

*The Department for Education (DfE) "State of the Nation" report was first published in October 2018 and integrates available evidence on the state of children and young people's wellbeing, to provide an accessible narrative on current evidence to guide discourse and action.*

The 2022 DfE State of the Nation report found that:

- While children and young people's happiness with their health has remained stable since responses to this question began to be collected in 2013-2015, the percentage of those reporting low happiness with their health appears to have increased between 2019 and 2020 and has continued to increase in subsequent years.
- Rates of probable mental disorder among 17- 19-year-olds have risen from one in six in 2020 and 2021 to one in four in 2022. In the 20- to 23-year olds, rates of probable mental disorder were similar in 2021 and children's behavioural and attentional difficulties had, on average, remained relatively stable since between July 2021 and March 2022, while children's emotional difficulties had increased during this time period.
- Girls and young women were more likely than boys and young men to screen positive for a possible eating disorder in all three age groups (7-10 year olds, 17-19 year olds and 20-23 year olds), and in every wave where each group was surveyed.
- Girls and young women were more likely to have tried to harm themselves in their lifetime than boys and young men.

Department for Education [State of the Nation 2022](#) (published Feb23)

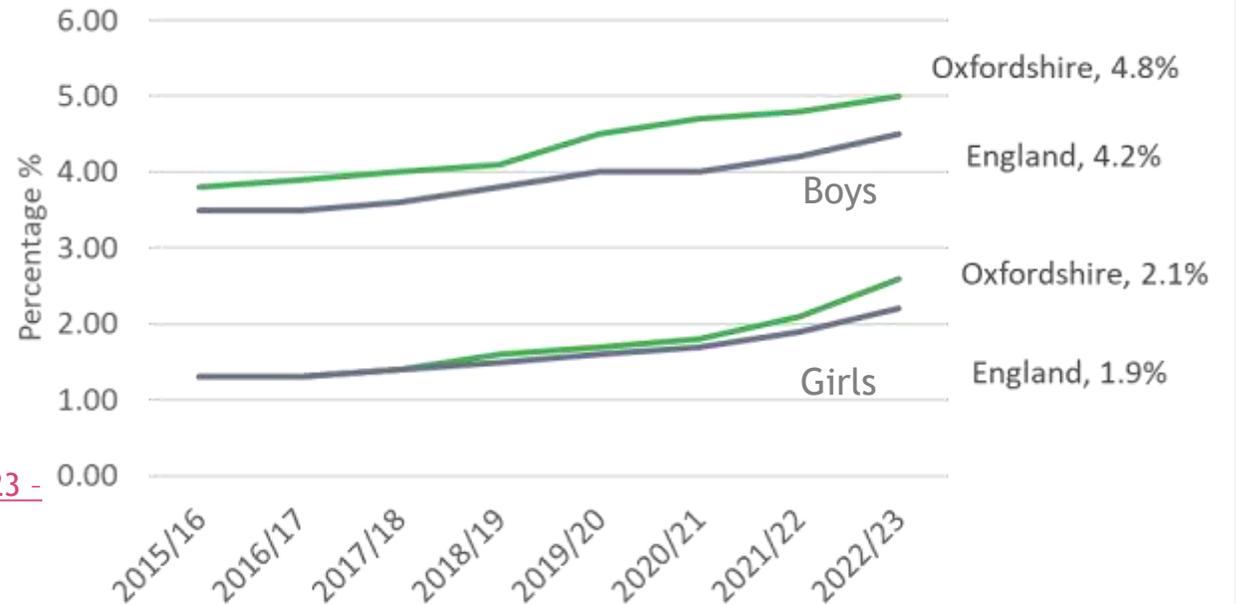
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## Social, emotional and mental health needs in school pupils with Special Educational Needs

The measure below shows the number of pupils with SEN support or an Education, Health and Care plan where the primary need is social, emotional and mental health, expressed as a percentage of all school pupils. It is likely that there are pupils with social, emotional and mental health needs that are not reflected in this dataset. The National Clinical Practice Guidelines published by the British Psychological Society state that children with learning or physical disabilities have a higher risk of developing a mental health problem compared to the national population.

- Similar to the national trend, Oxfordshire has an increasing percentage of children with social, emotional and mental health needs, with a higher prevalence in boys.

**Percentage of all state school children with social, emotional and mental health needs - Oxfordshire and England to 2022-23**



[Special educational needs in England, Academic Year 2022/23 - Explore education statistics - GOV.UK \(explore-education-statistics.service.gov.uk\)](#)

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## Mental wellbeing in schools

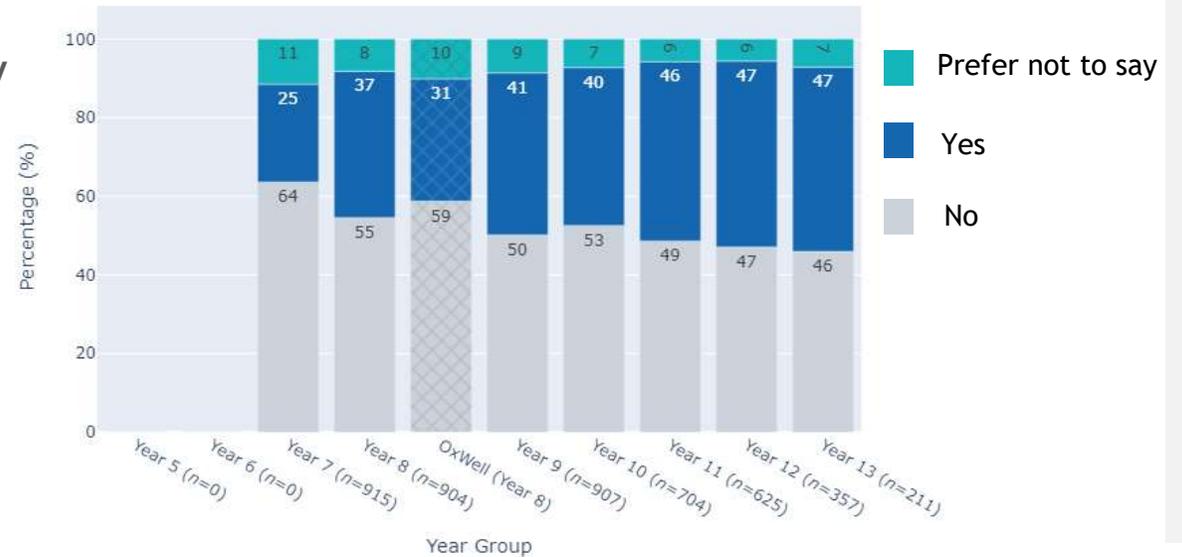
*In 2023, the OxWell School Survey collected pupils' responses to questions on a range of health and wellbeing-related issues.*

7,133 pupils at Oxfordshire schools took part. The OxWell School survey 2023 collected data from 43,734 children and young people at schools in six counties in the England.

In 2023, the OxWell School Survey asked pupils 'Do you think you've had a mental health problem that has affected your daily life?'.

- The highest proportion were pupils in year 12 and 13 (568 pupils) of whom 47% (count = 267 pupils) answered 'yes'.

### Have a Mental Health Problem Affecting Daily Life



Oxwell Survey 2023 (unpublished)

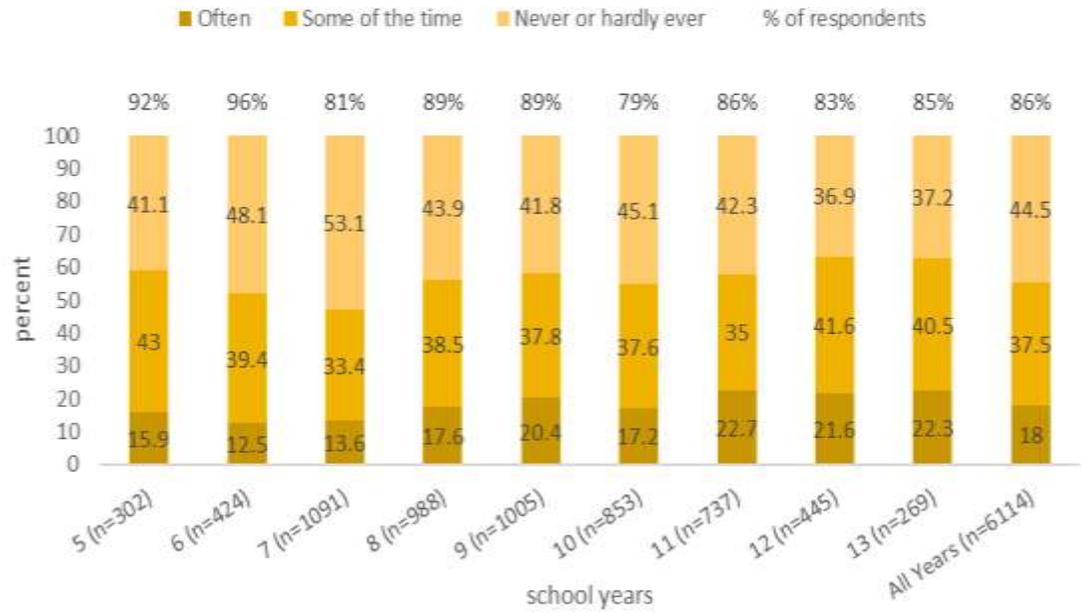
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## Mental wellbeing in schools

*Loneliness is an indicator of several poor mental health outcomes. It might be that isolation and bullying precipitate a mental health problem or it might be that those with depression are less likely to seek out friends, which can exacerbate low mood.*

- Preliminary findings from the 2023 survey found that 18% taking part in the OxWell Survey in Oxfordshire often feel lonely and 1 in 4 often/always feel sad or empty.
- The survey asked all years “How often do they feel lonely?”. Over half of pupils in years 8 through to 13 felt lonely some of the time/often.

### Percentage of total respondents to “How often do you feel lonely?”



Oxford University,  
[OxWell 2023 National Webinar: Early Findings - YouTube](#) for further information.

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## Self Harm

*Self-harm is an expression of personal distress and there are varied reasons for a person to harm themselves irrespective of the purpose of the act. There is a significant and persistent risk of future suicide following an episode of self harm.*

- In Oxfordshire rates of self-harm hospital admissions in children and young people (aged 15-24 years) were similar to England for 2021/22. The rate of admissions for those aged 10-14 were better than England 197.3 versus 307.1.
- In 2021-22 there were 545 admissions for 10-24 year olds, equivalent to a rate of 402 per 100,000 population. This is similar to England.

### Emergency hospital admissions as a result of self-harm 10-24 year age bands, rate per 100,000

Indicator	Period	Oxon			Region England			England	
		Recent Trend	Count	Value	Value	Value	Worst	Range	Best
Hospital admissions as a result of self-harm (Persons, 20-24 yrs)	2021/22	-	-	362.4	466.3	340.9	1,213.9		68.2
Hospital admissions as a result of self-harm (Persons, 15-19 yrs)	2021/22	-	-	644.8	845.5	641.7	1,729.4		196.5
Hospital admissions as a result of self-harm (Persons, 10-14 yrs)	2021/22	-	-	197.3	346.3	307.1	785.4		69.8

PHE [Mental Health & Wellbeing Profile](#),

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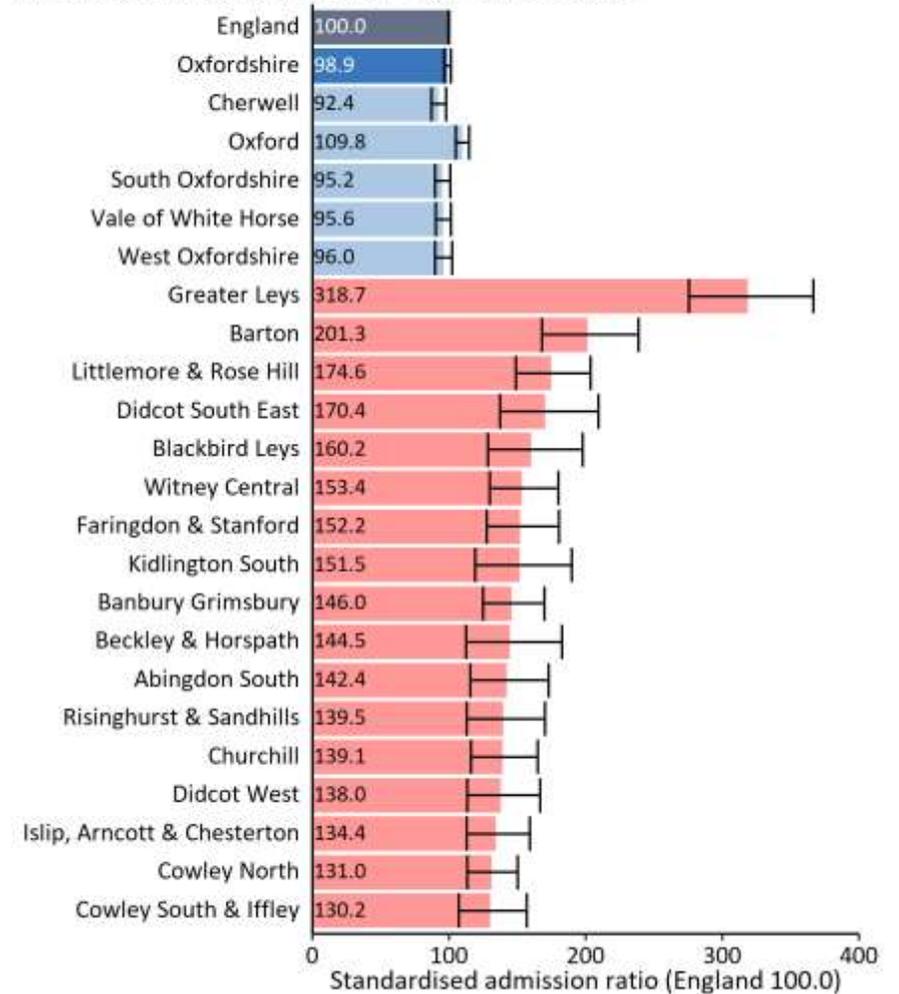
## Inequalities - hospital stays for self-harm

- 23 of Oxfordshire’s 86 Middle Layer Super Output Areas (MSOAs) had significantly higher rates of hospital stays for self-harm than England (combined 5 years of data 2015-16 to 2019-20)
- The areas with the highest rates for self-harm were Greater Leys, Barton, Littlemore & Rose Hill, and Blackbird Leys.

NB: There are concerns about the quality of this indicator.

From OHID [Local Health Explore inequalities data using our interactive dashboard](#)

**Emergency hospital admissions for intentional self harm, standardised admission ratio, 2016/17 - 20/21**  
MSOAs significantly higher than Oxfordshire



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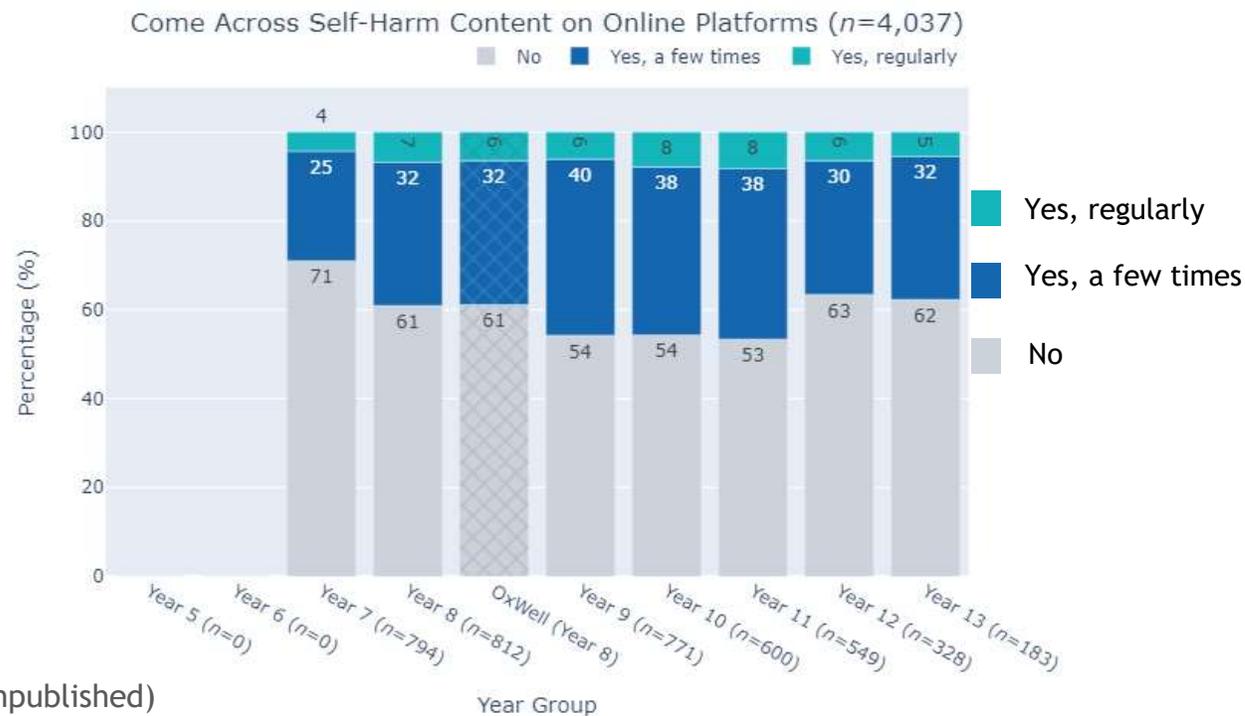
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## Self-Harm Content online

- In 2023, the OxWell School Survey asked pupils if they had come across self-harm content on online platforms.
- At least a quarter of all year groups have come across self-harm content on online platforms. The highest proportions were for years 9, 10 and 11 where almost half (46% to 47%) had come across self-harm content.

### Come Across Self-Harm Content on Online Platforms



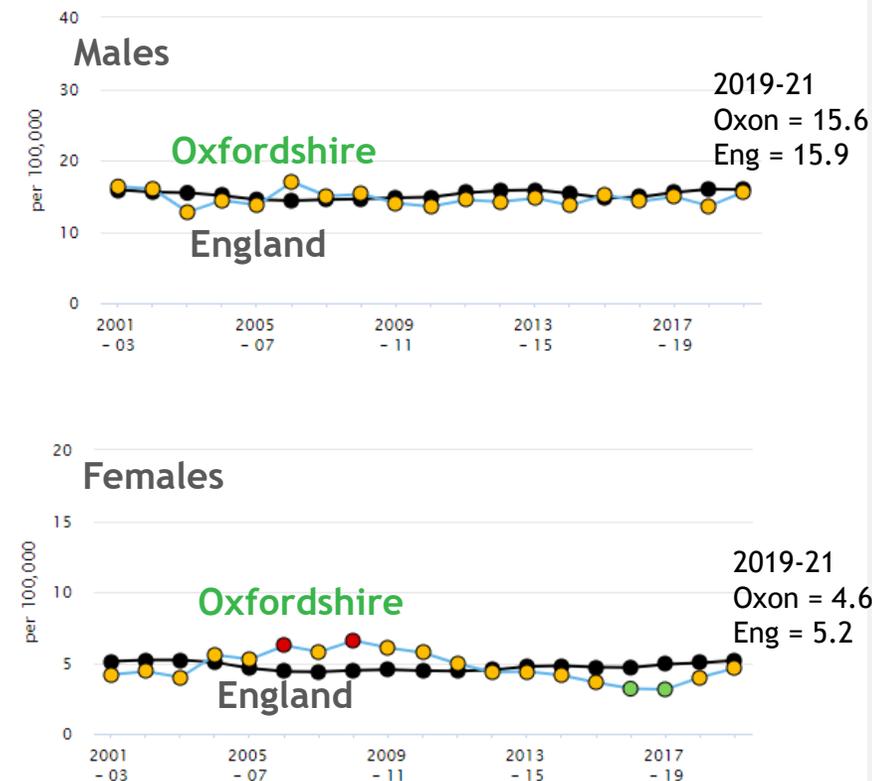
Oxwell Survey 2023 (unpublished)

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## Deaths from suicide

- For the three years 2019 to 2021, there were 181 deaths from suicide in Oxfordshire, 138 (76%) males and 43 (24%) females.
- The total suicide rate in Oxfordshire (for all persons, males and females) in 2019-21 was similar to the England rate.
- In 2018, local analysis identified the following most common contributing factors to deaths from suicide in Oxfordshire: relationship issues; bereavement; financial problems; alcohol; chronic physical health conditions.

Age-standardised mortality rate from suicide per 100,000 population to 2019-21



*Note differences in vertical scale*

[Public health profiles - OHID \(phe.org.uk\)](#)  
[Oxfordshire Suicide and Self-Harm Prevention Strategy](#)

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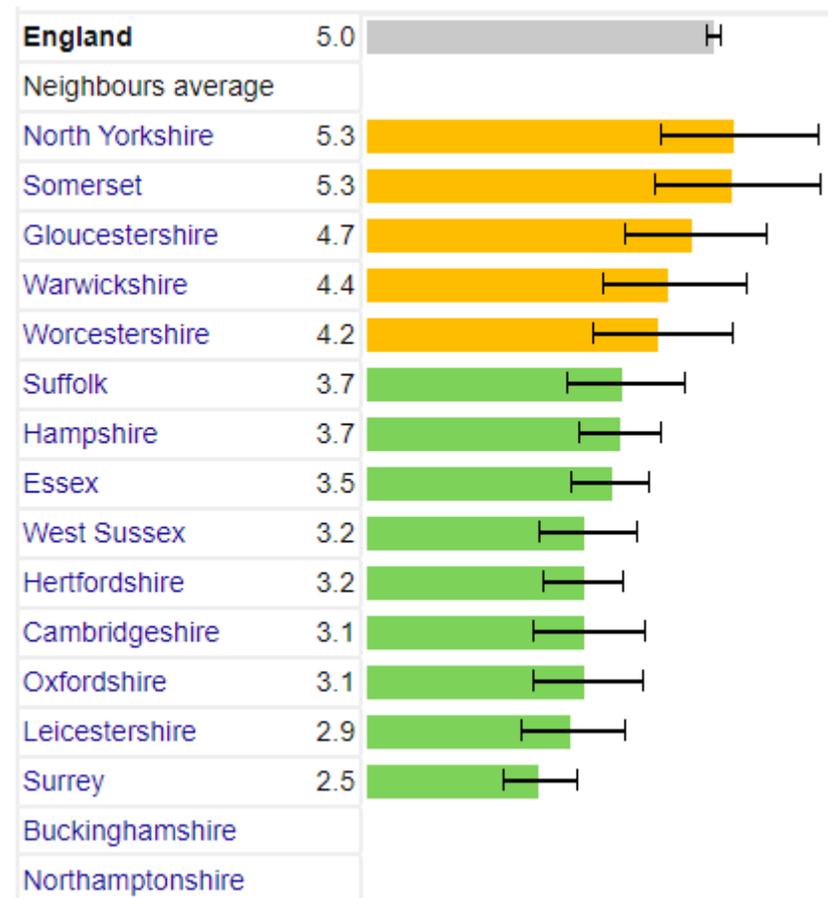
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## Deaths from drug misuse

- For the three years (combined) 2018 to 2020, Oxfordshire had a total of 63 deaths from drug misuse, 46 (73%) males and 17 (27%) females.
- Oxfordshire had one of the lowest rates of deaths from drug misuse in its group of statistical neighbours and was below the national average.

[Mortality Profile - Data - OHID \(phe.org.uk\)](#)

## Deaths from drug misuse (persons) 2018 to 2020 directly standardised rate per 100,000 Oxfordshire and nearest neighbours





Extracts from Chapters 5 and 6

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## Poverty - summary

### Children

- In 2021-22 there was an estimated total of 15,882 children aged 0-15 living in low-income families in Oxfordshire and an estimated 19,625 children and young people aged 0-19 (Relative measure Before Housing Costs).
- The most deprived areas on the Income Deprivation Affecting Children measure (IMD 2019), were in parts of Banbury Ruscote, Blackbird Leys, Littlemore and Rose Hill & Iffley wards.

### Older people

- As of Feb 2023, there was a total of 8,172 claimants of pension credit in Oxfordshire, this was a rate of 60 per 1000 people aged 65+, below the rate for England (110).

### Fuel poverty

- Between 2020 and 2021, the number of households in Oxfordshire classified as “fuel poor” increased from 22,861 to 23,197 (+336, +1.4%).
- Oxford City remains significantly worse than the regional average on fuel poverty. Other Oxfordshire districts are each significantly better than average.

[Children in low income families: local area statistics 2014 to 2022](#) - GOV.UK (www.gov.uk) Note that Child poverty rates are only calculated for children aged 0-15 “due to difficulty identifying 16 to 19 year olds defined as child dependents in the population estimates” [DWP] [Ministry of Housing, Communities & Local Government indices of deprivation](#) - income deprivation affecting children index. DWP from statXplore See also [New JSNA bitesize on Pension Credit](#) |Oxfordshire Insight. [Dept for Business, Energy and Industrial Strategy Fuel poverty sub-regional statistics](#) - GOV.UK (www.gov.uk) This workbook was updated on 27th April 2023.

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## Homelessness and health - national

- People without a home are in poorer health and live shorter lives than average. National data shows:
  - 80% of homeless people reported that some form of mental health issue and 45% had a diagnosed mental health condition<sup>1</sup>.
  - Two thirds of people cite drug or alcohol use as a reason for first becoming homeless<sup>2</sup>.
  - 85% of people who are homeless smoke<sup>3</sup>.
  - Almost two in five deaths of homeless people were related to drug poisoning<sup>4</sup>.
  - People who are homeless die on average 30 years younger. In 2019, the average age at death for identified homeless deaths was 46 years for males and 43 years for females, compared with 76 years for men and 81 years for women (England and Wales)<sup>4</sup>.
- In addition, research by Crisis has found that:
  - Homeless people are 17 times more likely to be victims of violence<sup>5</sup>. Almost 1 in 4 female rough sleepers had been sexually assaulted<sup>6</sup>.

[1] [Homeless Link. \(2014\)](#)

[2] [Crisis: Drugs and alcohol](#)

[3] [Groundswell Report 2016](#)

[4] [ONS Deaths of homeless people 2019](#)

[5] [Crisis 2016](#)

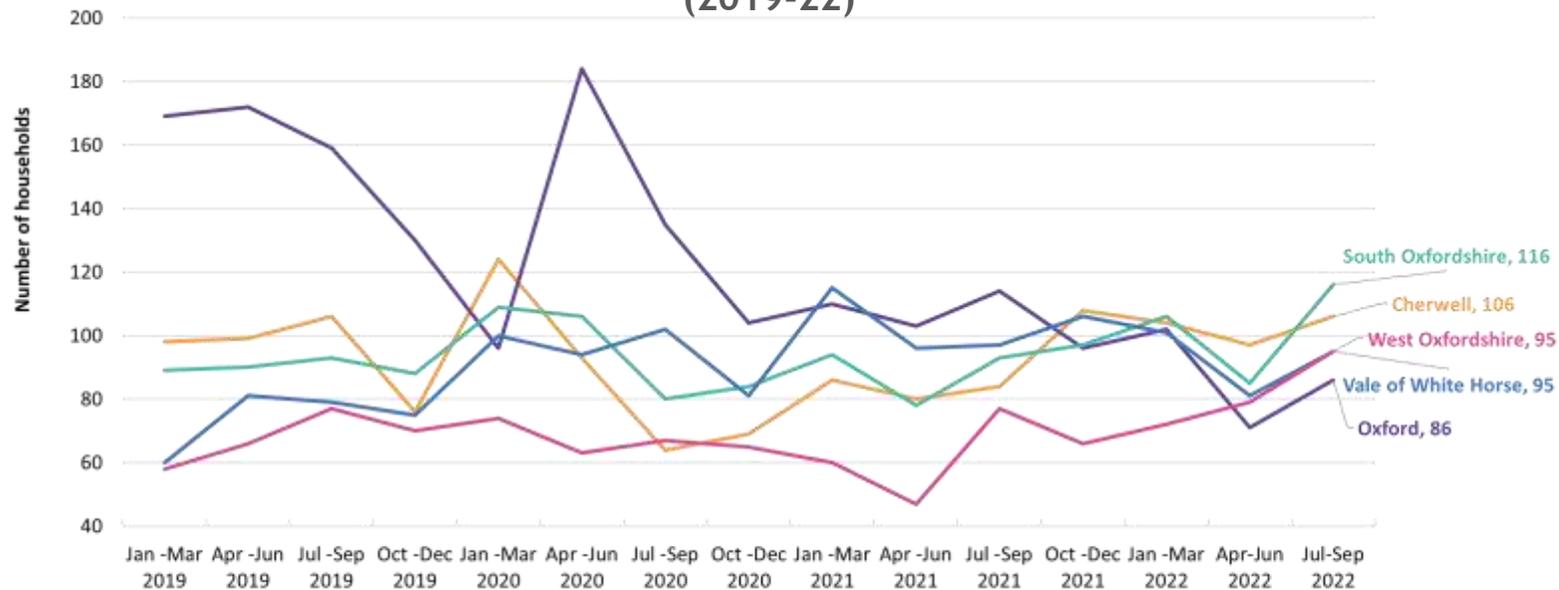
[6] [Crisis 2013](#)

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## Homelessness

- For the financial year 2021-22, there was a total of 1,827 households assessed as owed a homelessness duty (prevention or relief) in Oxfordshire, below the previous year (1,856 in 2020-21).
- In the first two quarters of 2022-23 financial year, there was a total of 911 households assessed.
- Between April and June in 2020, during the first lockdown, there was a peak in assessed households in Oxford City (184).

**Total count of households assessed as owed a homeless prevention or relief duty by quarter (2019-22)<sup>1</sup>**



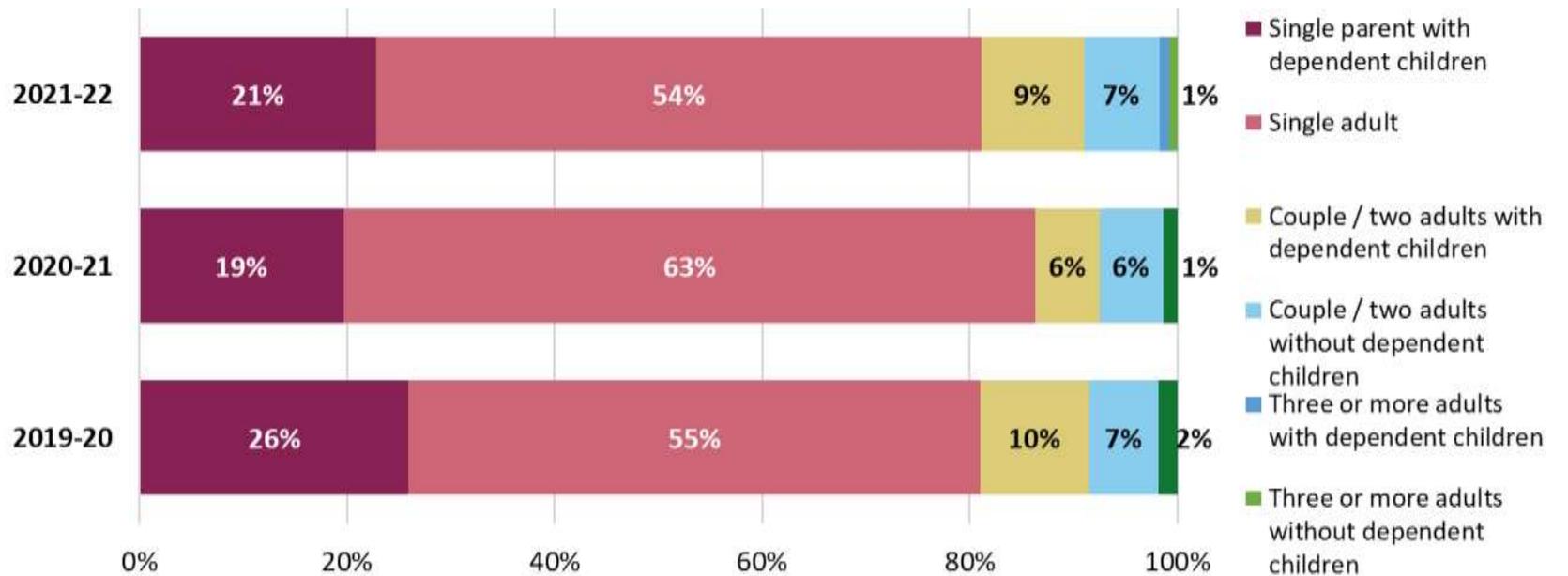
[1] [Homelessness statistics - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

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## Homelessness

- In the past three financial years, the group with the highest number of applications assessed as owed a prevention or relief duty in Oxfordshire was Single adults.
- Between 2020-21 and 2021-22, the proportion of households with children (single or couple) increased and the proportion of single adult households decreased.

Number of households owed a prevention or relief duty by household composition<sup>1</sup>



[1] [Homelessness statistics - GOV.UK \(www.gov.uk\)](https://www.gov.uk/homelessness-statistics)

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## Rough sleeping

- The homeless population is difficult to see and measure but represents a broad group with diverse needs.. The best guess of the number of rough sleepers at any one time comes from estimates based on street counts.
- A health needs assessment of the adult street homeless population in Oxfordshire in 2019 estimated that, on any one night, **100-150** people sleep rough somewhere in the county and between **350-400** homeless adults sleep in some form of supported accommodation each night.
- It is estimated that **600-700** people sleep rough somewhere in Oxfordshire in the course of a year, and around **600-650** homeless adults are accommodated in some form of supported accommodation in the course of a year.
- By combining annual estimates of rough sleepers (~600-700) with those in supported accommodation (~600-650), and then discounting the overlap between these groups (~200-300), it is estimated that **around 1,000 homeless adults sleep rough or in supported accommodation in the course of a year**. Around 500 homeless adults either sleep rough (~100-150) or in supported accommodation (~350-400) on any given night.
- Around 80% of homeless adults are male, but the proportion of women has increased in recent years. Most homeless adults are aged between 30 and 50, but the proportion of young people has increased in recent years.

Oxfordshire County Council, [A health needs assessment of the adult street homeless population in Oxfordshire](#)

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## Admissions for mental and behavioural disorders due to alcohol (narrow)

- The rate of admissions for mental and behavioural disorders due to alcohol in Oxfordshire in 2021/22 (42.9 per 100,000) was below (better than) the national average (67.2 per 100,000).

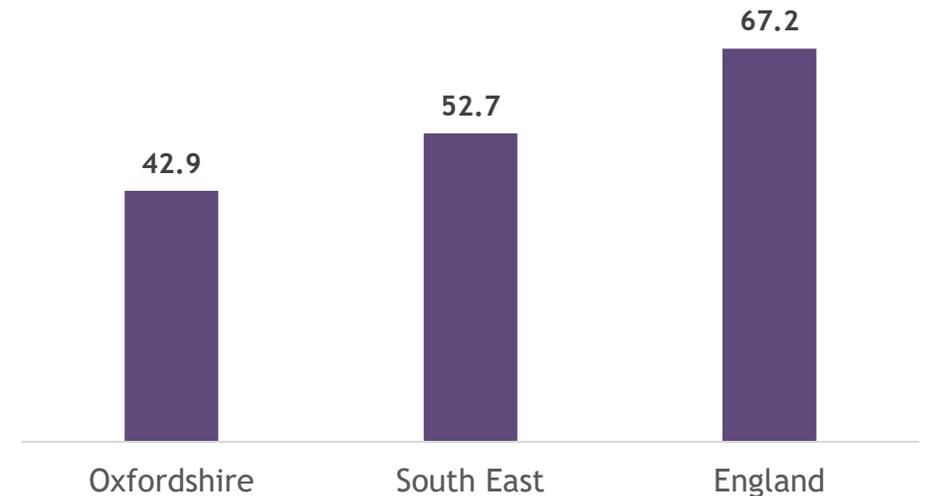
Admissions to hospital where the primary diagnosis is an alcohol-attributable mental and behavioural disorders due to use of alcohol code. Directly age standardised rate per 100,000 population (standardised to the European standard population).

**Broad definition:** A measure of hospital admissions where either the primary diagnosis (main reason for admission) or one of the secondary (contributory) diagnoses is an alcohol-related condition. This represents a Broad measure of alcohol-related admissions but is sensitive to changes in coding practice over time.

**Narrow definition:** A measure of hospital admissions where the primary diagnosis (main reason for admission) is an alcohol-related condition. This represents a Narrower measure. Since every hospital admission must have a primary diagnosis it is less sensitive to coding practices but may also understate the part alcohol plays in the admission.

In general, the Broad measure gives an indication of the full impact of alcohol on hospital admissions and the burden placed on the NHS. The Narrow measure estimates the number of hospital admissions which are primarily due to alcohol consumption and provides the best indication of trends in alcohol-related hospital admissions.

Admission episodes for mental and behavioural disorders due to alcohol (narrow)  
 Directly standardised rate per 100,000 (2021/22)

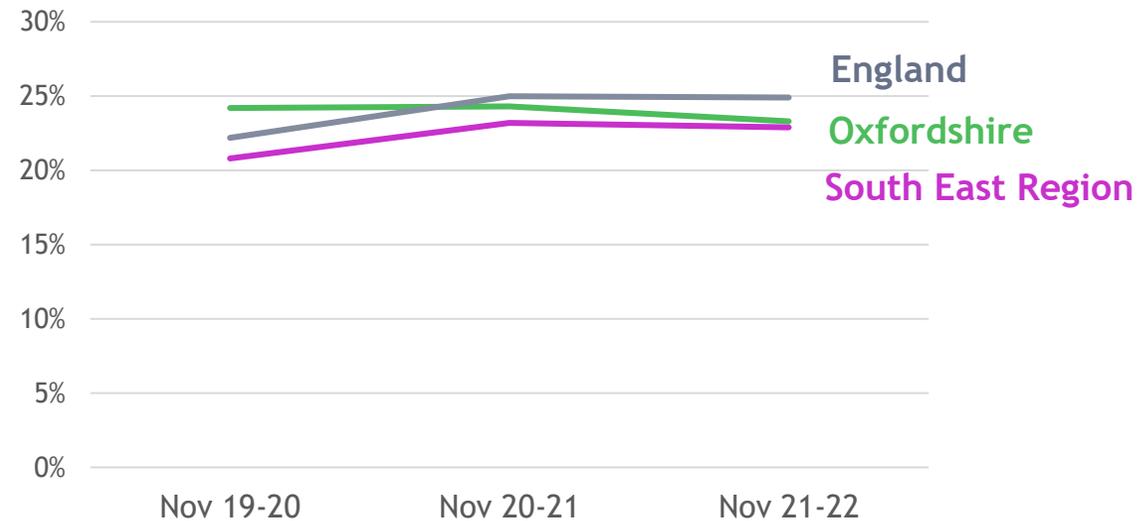


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## Loneliness - Oxfordshire's trend

- Over the last 3 years the percentage of adults who felt lonely always or often or some of the time, in Oxfordshire fell slightly from 24.2% in 2019/20 to 23.3% in 2021/22.
- This was different to the trend in England and the South East, where the percentage of adults feeling lonely increased over the 3 year period.

The percentage of adults (aged 16+) that responded to the question "How often do you feel lonely?" with "Always / often" or "Some of the time" (Nov 19-20 to Nov 21-22)  
Oxfordshire vs South East Region and England



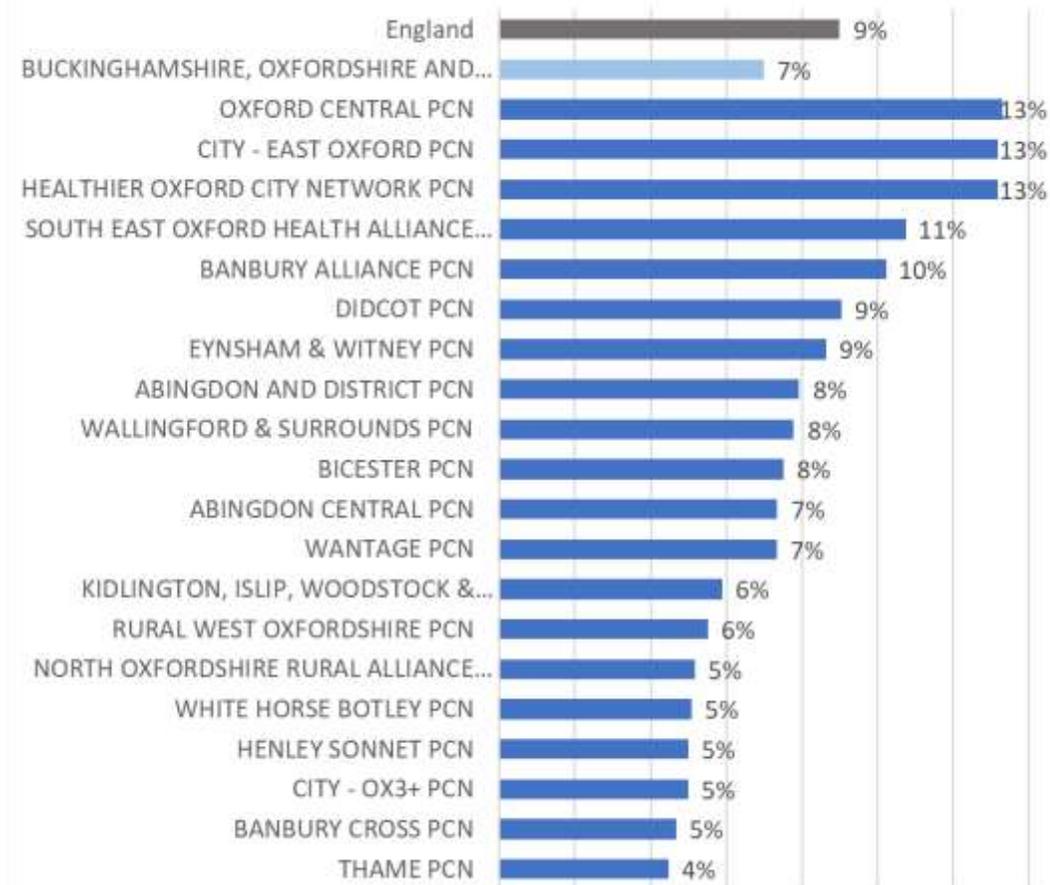
[Active Lives Adult Survey](#), Sport England

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## Feeling isolated - GP patients survey

- According to the Oxfordshire’s GP Patient survey (2023), several Oxfordshire PCNs were above the England average and above both Buckinghamshire and Berkshire West on the proportion “feeling isolated from others”.

**% feeling isolated from others by Oxfordshire PCN**



Data from [GP Patient Survey 2023 results - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statistics/gp-patient-survey-2023) NHS Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board base = 19,291 respondents

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## Social contact - Adult Social Care survey

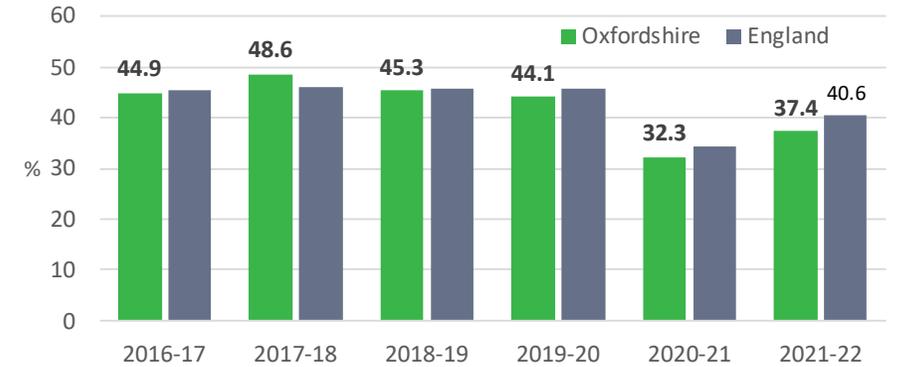
- The findings from the Adult Social Care (ASC) survey 2021/22 show an increase in the proportion of people agreeing they have as much social contact as they would like in Oxfordshire (and nationally), although not yet back at pre-pandemic levels.
- The proportion in Oxfordshire with as much social contact as they would like was 37.4% in 2021-22. This was just below the England average of 40.6% but the difference was not statistically significant.

Question 8a - Thinking about how much contact you've had with people you like, which of the following statements best describes your social situation? Answer options

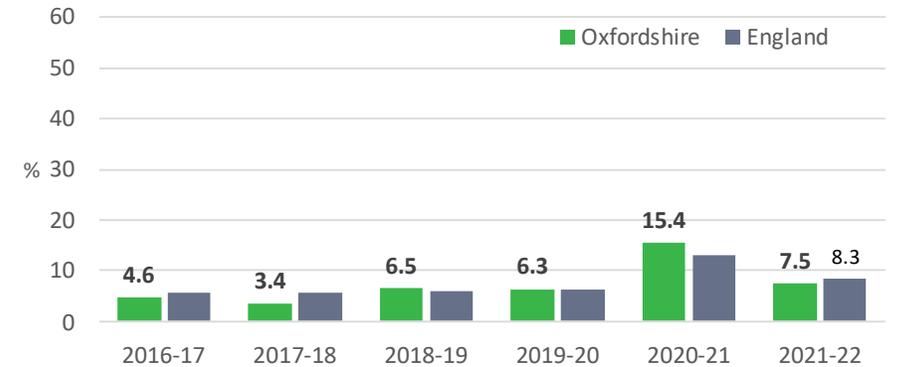
1. I have as much social contact as I want with people I like
2. I have adequate social contact with people
3. I have some social contact with people, but not enough
4. I have little social contact with people and feel socially isolated

[Adult Social Care Analytical Hub Microsoft Power BI](#) [Personal Social Services Adult Social Care Survey, England, 2021-22 - NHS Digital](#) (released 20 Oct22)

## ASC survey - I have as much social contact as I want with people I like



## ASC survey - I have little social contact with people and feel socially isolated



Oxfordshire respondents in 2021-22 = 335

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## Volunteering and health

*Volunteering is included in this Mental Wellbeing Extract because of the large amount of evidence that shows volunteering provides an individual with a variety of mental health benefits.*

- Research<sup>1</sup> has found that participation in voluntary services is significantly predictive of:
  - better mental and physical health, life satisfaction, self-esteem, happiness;
  - lower depressive symptoms, psychological distress, and mortality and functional inability.
- In a national survey conducted on volunteer experience in 2023<sup>2</sup>, 75% of respondents said that volunteering had improved their mental health.
- Among older adults volunteering can help to reduce loneliness which is a risk factor for poorer health and quality of life:
  - A study<sup>3</sup> found that volunteering more than 100 hours per year was associated with a lower risk of loneliness compared to those who did not volunteer.
  - In the same volunteer survey<sup>2</sup>, 68% of respondents said volunteering helps them to feel less isolated and 87% said that it increases their social connection.

[1] <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-017-4561-8>

[2] [At a glance - Time Well Spent 2023 | News index | NCVO](#)

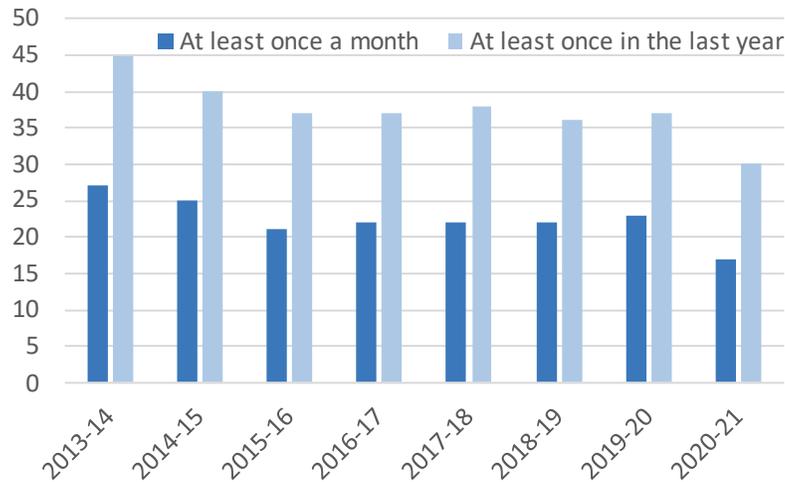
[3] [The Relationship Between Volunteering and the Occurrence of Loneliness Among Older Adults: A Longitudinal Study with 12 Years of Follow-Up \(tandfonline.com\)](#)

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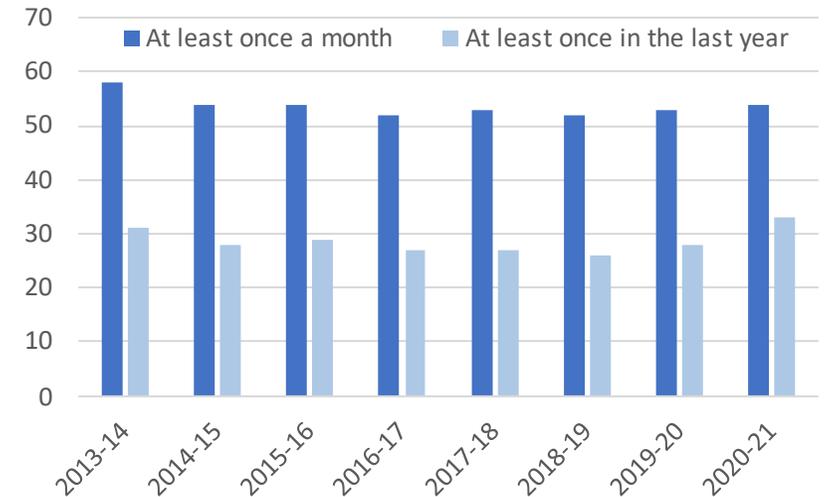
## Volunteering - national trend

- The 2020-21 Community Life survey found that the most common barriers to volunteering were work commitments and other activities taking up spare time.
- Between 2019-20 and 2020-21, the proportion of people participating in formal volunteering dropped significantly while rates of informal volunteering increased.
  - Formal volunteering (at least once a year) declined from 37% to 30% (-7ppt).
  - Informal volunteering (at least once a year) increased from 28% to 33% (+5ppt).

**Participation in formal volunteering, 2013-14 to 2020-21**



**Participation in informal volunteering, 2013-14 to 2020-21**



[Community life survey](#) published July 2021 DCMS Social Science Research, [The economic benefits of volunteering and social class](#)

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## Community and voluntary groups

- In 2021-22 Oxfordshire Community and Voluntary Action (OCVA) had 270 registered members, up from 220 in 2020/21.
- OCVA supported 1,131 groups in 2021/22, an increase of 5% from the previous year.
- The Live Well Oxfordshire database provides a searchable directory of activities and support for health and wellbeing with links and contact details [Live Well Oxfordshire Home - Oxfordshire](#)



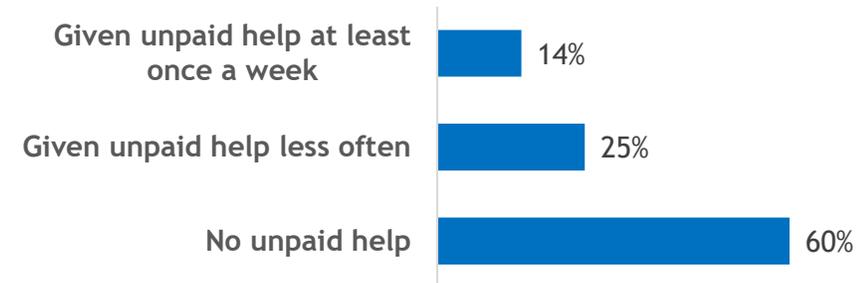
[1] [OCVA annual report](#)

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## Community and voluntary groups

- In June 2022, Oxfordshire County Council undertook its 2022 residents’ satisfaction survey. The survey provides an opportunity to gauge residents’ satisfaction with the council’s services and the area in which they live, as well as asking about their opinions of what the council’s priorities should be regarding spending and saving on services.
- 40% of respondents to the Oxfordshire County Council residents survey (2022) had provided unpaid help to their local community groups, clubs or organisations in the previous 12 months.
- This was a new question for 2022 and therefore we have no previous years data to compare.

**In the last 12 months have you given any unpaid help to local community groups, clubs or organisations ?**



Base = 1,021 (weighted total count of responses to this question)  
[Oxfordshire County Council residents’ survey 2022](#)

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## Community transport schemes operate throughout Oxfordshire

- The Community Transport Directory 2022 is a community-led solution to unmet local transport needs. In a rural county like Oxfordshire, the minibus and car schemes provide flexible and accessible transport services for vulnerable and isolated people. Some are local and others cover the whole county.
- Of these, there were:
  - 13 in Cherwell
  - 3 in Oxford
  - 25 in South Oxfordshire
  - 16 in Vale of White Horse
  - 17 in West Oxfordshire
  - 1 that covers the entire county



From [CT directory](#), Oxfordshire County Council and [Community First Oxfordshire](#)



Extract from Chapter 7

# Service use

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## Social prescribing - introduction

- *Social prescribing, also sometimes known as community referral, is a means of enabling health professionals to refer people to a range of local, non-clinical services. The referrals generally, but not exclusively, come from professionals working in primary care settings, for example, GPs or practice nurses<sup>1</sup>.*
- Recognising that people's health and wellbeing are determined mostly by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.
- In order to understand the take-up and impact of social prescribing, the Professional Records Standards Body<sup>2</sup> is developing a social prescribing standard. The standard is in three parts:
  - The referral to social prescribing (unless it's a self-referral)
  - The link worker's record
  - The message back to the GP and referrer (if different)
- As of 16 January 2023, the social prescribing standard has now achieved ISN Status following rigorous quality assurance by the NHS Data Alliance Partnership Board.

[1] [What is social prescribing? | The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk/what-is-social-prescribing)

[2] [Social Prescribing Standard V0.2 - PRSB \(theprsb.org\)](https://www.theprsb.org/social-prescribing-standard-v0.2)

Further information:

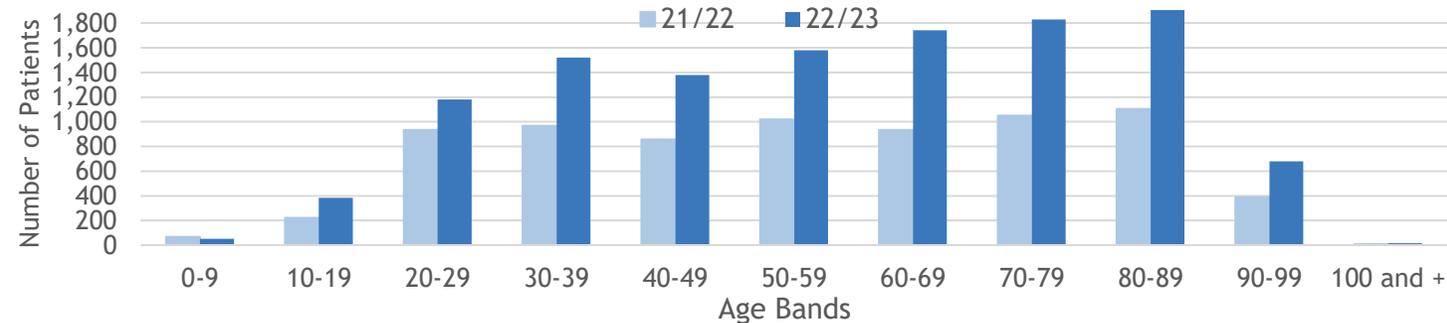
- Social Prescribing hub with a heat map (at ICS level) [Social prescribing heat maps | ORCHID RSC](#)
- Research network [Home – Oxford Social Prescribing Research Network](#)

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## Provided by NHS South, Central and West Commissioning Support Unit

- Social prescribing is being rolled out in Oxfordshire with a variety of local arrangements including:
  - Link workers employed directly by GP practices
  - Link workers provided by Oxfordshire Mind, Age UK Oxfordshire or a neighbouring Primary Care Network of GP practices
- In 2022-23 there was a total of 12,287 patients referred to Social Prescribing in Oxfordshire and 19,338 referrals. Almost two thirds (62%) of patients referred were female and 38% were male.
- Between 2021-22 and 2022-23 there was a 73% (+162) increase in the number of 10-19 year olds and a 86% (+808) increase in 60-69 year olds being referred.

**Age breakdown of Oxfordshire GP Patients referred to Social Prescribing (2021-22 and 2022-23)**



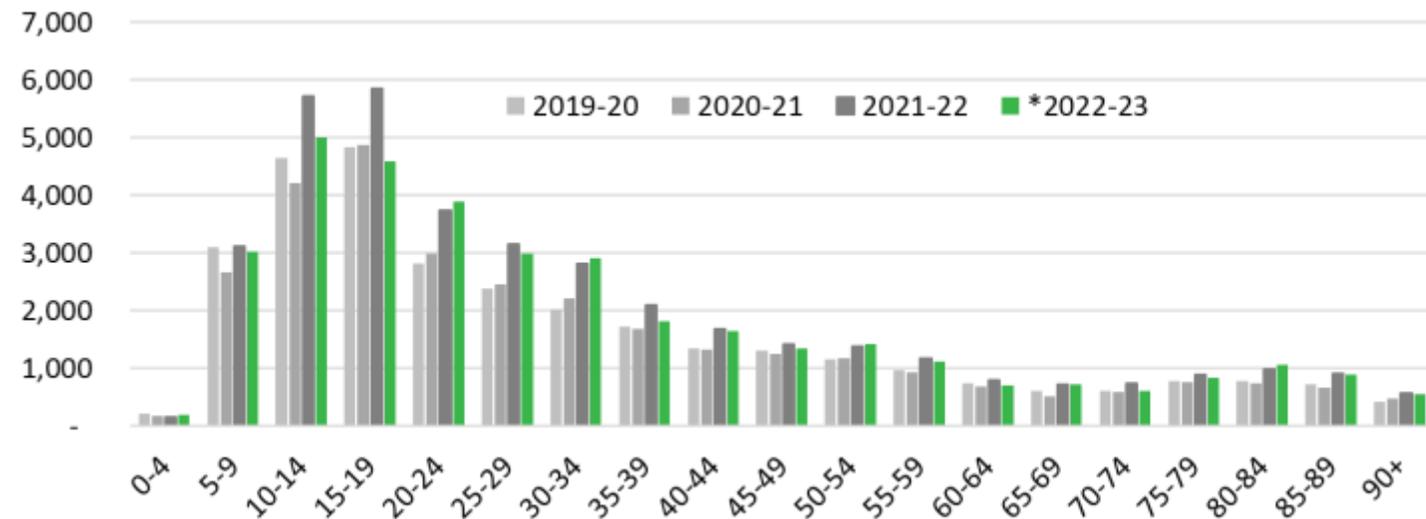
Provided by NHS South, Central and West Commissioning Support Unit

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## Referrals for mental health services by age

- Based on the estimates from Oxford Health, 2022-23 saw 35,289 (5%) people referred to mental health services in Oxfordshire. This was a 7% (-2,637) decrease from 2021/22.
- There was an increase in the age groups 0-4 (+35), 20-24 (+145), 30-34 (+83) and 80-84 (+90).
- Of the total 10-19 year old's in the county (88,000), 11% (9,584) were referred to Oxford Health mental health services.

Oxfordshire count of referrals to Oxford Health mental health services by age



Oxford Health NHS FT; \*Due to System Outage at Oxford Health from August 2022, a predicted forecast has been provided based on data from April 2021 to June 2022 in Carenotes System. Population data taken from [Census 2021](#)

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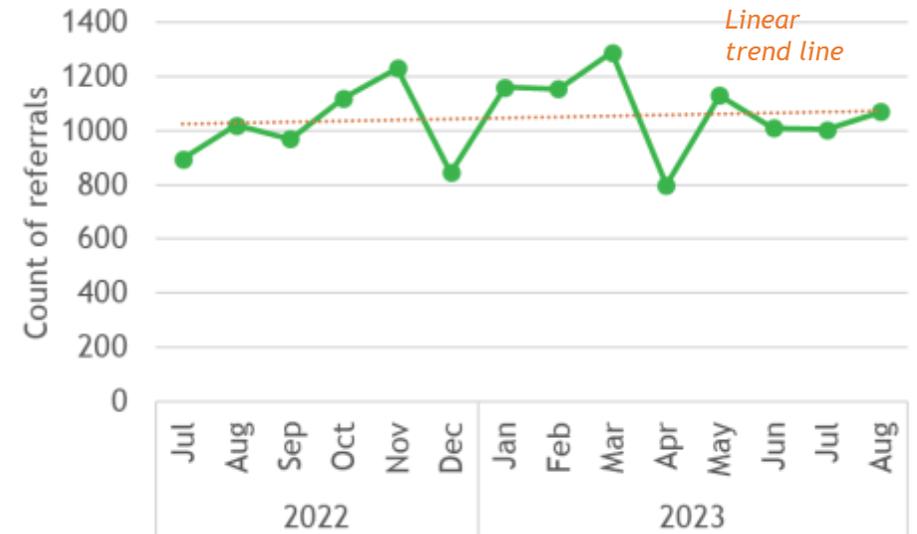
## Talking therapies for depression or anxiety

Following a public consultation Improving Access to Psychological Therapy (IAPT) services have been renamed as NHS Talking Therapies for anxiety and depression. Accordingly, this publication series has superseded the "Psychological Therapies, Reports on the use of IAPT services" series from August 2023 (the May 2023 publication). NHS Talking Therapies for anxiety and depression is run by NHS England and offers NICE-approved therapies.

- Between July 2022 and August 2023 18,630 NHS Oxfordshire patients were referred to NHS Talking Therapies and 14,700 (79%) started treatment. This is higher than the England average, where 70% of referrals started treatment.

### Count of "referrals received" of NHS Oxfordshire patients to Talking Therapies July 2022 to August 2023

Data used here is taken from [NHS Talking Therapies Monthly Statistics](#) (last updated 12 Oct 2023). See also [NHS Mental Health dashboard](#) with quarterly data for Oxfordshire CCG [1] [Census 2021](#), = all groups other than white British (all ages)



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## People accessing talking therapies

- *The annual report for NHS Talking Therapies, for anxiety and depression, 2022-23 has been delayed due to Operational Issues. The following data is available by quarter.*
- In Oxfordshire, of the 3,770 referrals received in quarter 1 2023/24, 1,910 finished a course of treatment and 800 (43%) moved to reliable recovery, compared to 47.3% nationally.
- 50% (40) of those under 18 who were referred to Talking Therapies, started treatment.
- 80% (2,085) of those ages 26-64 who were referred to Talking Therapies, started treatment.
- 1,375 patients were referred due to ‘depression’ and 1,120 patients were referred due to ‘anxiety and stress related disorders’.

## Count of “referrals received” of NHS Oxfordshire patients to Talking Therapies by problem descriptor, Quarter 1 2023/24

SubICB Name	Referrals Received
<b>NHS BUCKINGHAMSHIRE, OXFORDSHIRE AND BERKSHIRE WEST ICB - 10Q</b>	<b>3,765</b>
<b>Problem Descriptor</b>	<b>3,765</b>
<b>Anxiety and stress related disorders</b>	<b>1,120</b>
F400 - Agoraphobia	10
F401 - Social phobias	80
F402 - Specific (isolated) phobias	25
F410 - Panic disorder [episodic paroxysmal anxiety]	65
F411 - Generalised Anxiety Disorder	650
F412 - Mixed anxiety and depressive disorder	45
F42 - Obsessive-compulsive disorder	50
F431 - Post-traumatic stress disorder	135
F452 Hypochondriacal Disorders	40
G933 - Chronic Fatigue Syndrome	5
K58 - Irritable Bowel Syndrome (IBS)	15
<b>Depression</b>	<b>1,375</b>
null	1,375
<b>Not stated/Not known/Invalid</b>	<b>1,235</b>
null	1,235
<b>Other Mental Health disorders</b>	<b>35</b>
null	35
<b>Total</b>	<b>3,765</b>

[NHS Talking Therapies, Quarter 1 2023/24: SubICB Data](#)

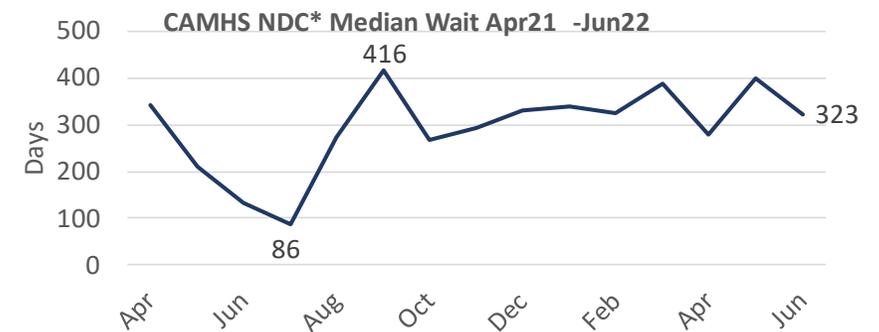
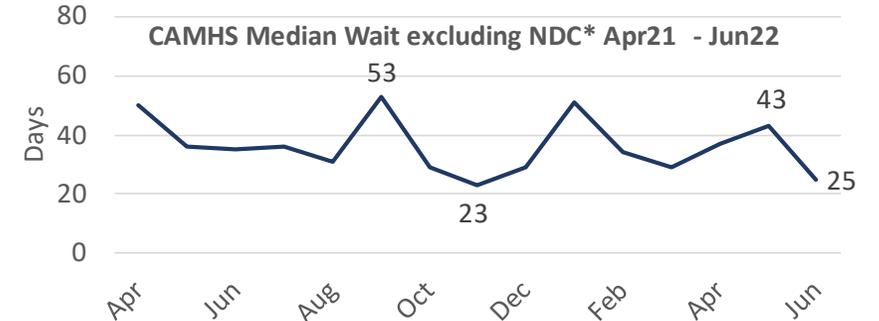
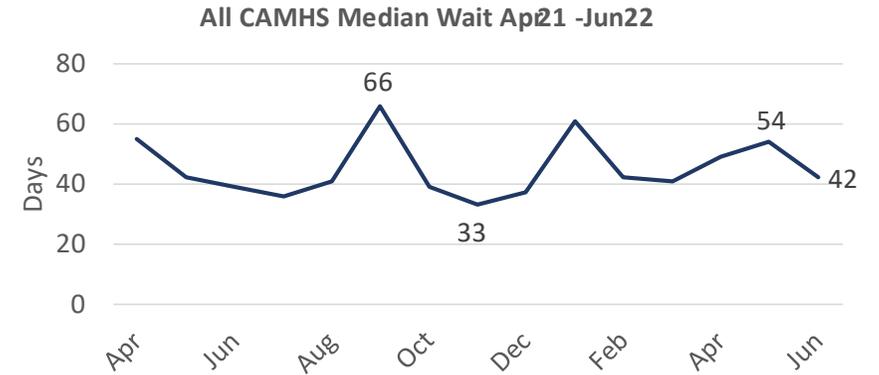
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## Access to Child and Adolescent Mental Health Services (CAMHS)

- In August 2022, there was a National clinical systems outage. The Trust is currently going through a recovery plan however this means the data on this slide is unavailable at this time.
- Between January and June 2022, the median\* number of days of all children and young people waiting for CAMHS appointments was between 40 and 60 days (42 in June 2022).
- Between August 2021 and June 2022, Median Waiting Days for the Neuro-developmental Diagnostic Clinic\* has been close to or over 300 days (10 months).

Oxfordshire Health NHS FT \*The Neuro-developmental Diagnostic Clinic (NDC) is one of the specialist Child and Adolescent Mental Health Services (CAMHS). The NDC offers diagnostic assessment of autism and attention deficit hyperactivity disorder (ADHD), as well as other neuro-developmental conditions  
\*median refers the point above and below which half (50%) the observed data falls, the midpoint of the data.

[National Clinical System Outage](#)



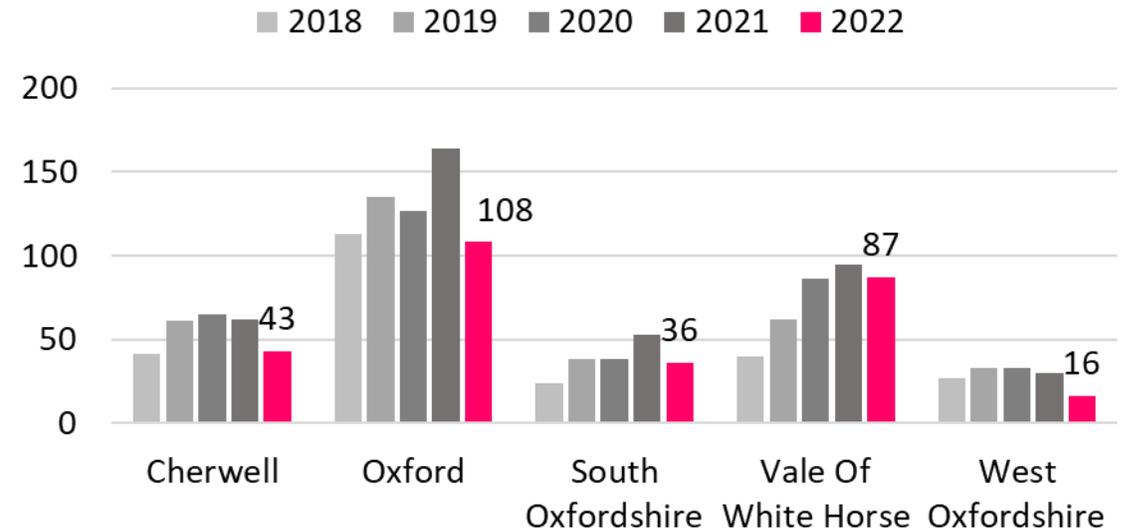
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## Police detentions under S136 of mental health act

*Section 136 of the Mental Health Act enables the police to act if they believe that someone is suffering from a mental illness and needs immediate treatment or care. The police may take that person from a public place to a place of safety, either for their own protection or for the protection of others. This is known as a Section 136 detention.*

- In 2022 (Jan-Dec) Thames Valley Police recorded a total of 290 section 136 detentions in Oxfordshire.
- This was 20% below the 3-year average (for the years 2019 to 2021). There was a 13% decrease across the Thames Valley area.
- Vale of White Horse saw an increase compared to the benchmark years of +7%.

**Count of Section 136 detentions by district 2016 to 2022 (Jan-Dec)**



Thames Valley Police Crime Recording System - NICHE  
RMS & Mental Health Master

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## Drug and alcohol services

### Adults

- In 2021-22 there were **2,014** adults (aged 18 and over) in specialist drug treatment in Oxfordshire. This is up by 1.1% since the previous year.
- 73% of the total adults in drug treatment were males and 27% were females.
- The majority of those in drug treatment were aged between 30 to 49 (1,395 people, 69%)
- The number of adults in treatment for alcohol only in Oxfordshire in 2021-22 was **694**. This was up by 12.5% from last year. The majority (74%) were aged 30 to 59.

### Young people

- In 2021-22 the number of young people (aged under 18 years) in specialist substance misuse services in Oxfordshire was **144**, up by 4% from the previous year.
  - 73 began using their main substance before they reached 15 years of age
  - 74 were using two or more substance (this includes Alcohol)
  - 63 Identified as having a mental health treatment need
  - 47 Receiving treatment for their mental health needs
  - 20 were affected by domestic abuse
- Referrals were predominantly from education services (32%) and children and family services (44%).

Oxfordshire County Council, Public Health team

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## Make Every Contact Count (MECC)

- MECC is an approach that uses opportunistic conversations in everyday life to talk about health-related behaviour. It involves responding appropriately to cues from others to encourage them to think about behaviour change and steps that they could take to improve their health and wellbeing.
- MECC training involves giving people in contact with members of the public the skills and confidence to have brief conversations about health with others and to follow up with signposting for support.
- In Oxfordshire the [Oxfordshire Live Well website](#) is used as the main signposting tool.
- [Oxfordshire’s Library Service](#) is well established in supporting MECC, and as of May 2023 there were 44 library service MECC champions.
- Between April 2022 and March 2023 there were a total of 7,324 MECC conversations recorded through Oxfordshire Libraries (an 84% increase on the 3,977 conversations in 2021/22). Conversations were about:
  - Smoking (63)
  - Alcohol (76)
  - Weight/healthy eating (282)
  - Physical activity (454)
  - Mental health and wellbeing (3,130)
  - Other health topic (2,056)
  - Signpost to health resource or services (1,263)

[Making Every Contact Count \(MECC\)](#) [New models of care](#) | [Oxfordshire County Council](#)  
[Oxfordshire County Council Library Service](#)



Extract from Chapter 8

# Local research

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## Alternatives to clinical methods of targeting mental health - The Online Active Community Engagement (O-ACE) project

Mental health is among the major public health concerns of the COVID-19 pandemic, and increasing pressure on healthcare services demands alternatives to clinical methods of targeting mental health.

There is a growing understanding that non-clinical methods, like participation in culture, or arts (e.g. museums, libraries, gardens, heritage sites), may benefit mental health.

- Between 2020-2022 a team consisting of researchers at Oxford University, the Oxford Internet Institute and the Gardens, Libraries and Museums division led a study to investigate the impact specifically of online cultural resources for mental health and wellbeing.
- It was found that having human-centred narratives was most beneficial to mental wellbeing and users wanted to hear experiences of others who had likewise experienced exclusion, overcome hardships and who had expressed themselves through art of another medium.

This research has led to a further project being developed (known as ORIGIN - Optimising cultural experiences for mental health in underrepresented young people online\_ and will be run over the 5 next years, which involves diverse young people aged 16-24 co-designing an online arts and culture intervention aimed at reducing anxiety and depression. Its effectiveness will then be tested in a trial of nearly 1,500 young people.

[The Online Active Community Engagement \(O-ACE\) project](#)  
[ORIGIN Project](#)



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## Air quality and mental health

- Researchers at Oxford University analysed existing studies looking at the effects of both indoor and outdoor pollution across the life course.
- They found evidence that exposure to air pollutants may lead to depression, anxiety, psychoses and possibly neurocognitive disorders such as dementia.
- There were also indications that children and adolescents might be exposed to air pollution at critical stages in their mental development making them at risk of the most severe impact and significant future mental health problems.
- Additional risk factors included poor housing, over-crowding, poverty, a lack of green spaces as well as individual social and psychological vulnerabilities, such as lack of access to support, carers or safe spaces.

## Smoking and mental health

- A new study has provided compelling evidence that quitting smoking can lead to improved mental health outcomes among people with and without mental health disorders.
- Despite expressing a desire to quit, many smokers continue because they perceive smoking as a means of alleviating stress and providing other psychological benefits. Some healthcare professionals may also dissuade individuals with mental health disorders from attempting to quit due to concerns about potential worsening of their mental well-being.
- However, findings revealed that smoking abstinence between weeks nine and 24 was associated with significant improvements in anxiety and depression scores.

[Air quality and mental health: evidence, challenges and future directions. Bhuit et al. \(2023\)](#)

[Smoking Cessation and Changes in Anxiety and Depression in Adults With and Without Psychiatric Disorders. Wu et al. \(2023\)](#)



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## Mental Wellbeing Needs Assessment

- The Mental Wellbeing Needs Assessment focuses on mental wellbeing - that is keeping people well and primary prevention - at the community level
- It aims to give a broad picture of mental wellbeing across Oxfordshire and the life course, and makes recommendations around steps to improve our understanding of and opportunities to improve mental wellbeing within our communities.

## Summary of key challenges at different ages



Author: Katherine Arbuthnott, Specialist Trainee in Public Health. Public Health Team, Oxfordshire County Council Year: 2021 [Mental Wellbeing Needs Assessment \(oxfordshire.gov.uk\)](https://www.oxfordshire.gov.uk/mental-wellbeing-needs-assessment)

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## #30Chats with men in Carterton

Healthwatch Oxfordshire carried out a ‘rapid appraisal’ in Carterton speaking to 31 working men on the streets, in shops and workplaces.

Interactions with Healthwatch involved short but meaningful conversations, prompted with the question ‘*What makes it easy and what’s hard about looking after your health in Carterton?*’ Our work linked with the Oxfordshire Men’s Health Forum initiative in November 2022 #30Chats in 30 days.

This report highlights what men told Healthwatch in their own words narrated by theme. Reflecting the views of the 31 men we spoke to, their voices give rich insight into some of attitudes and views men of working age held towards important issues of health and wellbeing

- Some men still felt pressure to provide, be strong, using words like ‘Man up’, ‘carry on’ when talking about health and wellbeing.
  - Men faced barriers to health and wellbeing including lack of time, caring responsibilities, cost of living pressures, loneliness and long hours of work.
  - Men did not always know where to turn for help and support, and were not always aware of local services and what they offer.
  - Male friends and men in workplaces could be important in giving peer support for men to talk about health.
  - Hobbies, and being part of local groups gave opportunity for men to support one another.

This work will lead to further focus on men in 2023-24.



## #30Chats with men in Carterton



*“Things are changing, blokes are talking to each other more now since the pandemic...”*

*“It’s harder for men to open up because it makes us look weak, and I don’t want to look weak”*

<https://healthwatchoxfordshire.co.uk/our-work/research-reports/> (Feb 2023)

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## Local research

## West Oxfordshire District Council Youth Needs Assessment

- This project aimed to better understand youth needs in West Oxfordshire district and to be able to consider youth voices in decision making and service design where it impacts young people.
- Young people were disproportionately affected by the COVID-19 pandemic - their learning was interrupted, they lost opportunities to develop social skills, to earn and to work and they were not able to access professional services to support with their physical and mental health.
- Key findings on mental health:
  - In total 489 young people said that mental health was a challenge that young people face - specifically pressure, stress, anxiety and depression were words commonly used to describe these mental health challenges.
  - 38% of young people have received help with their mental health - of these 60% got support from parents and 42% got support from their best friend.
  - Of those who responded, 44% of young people said that COVID-19 affected their mental health.
  - Over the last year, most young people rated their mental health as low at its worst.
- Key findings on COVID-19:
  - The top 3 responses on how COVID-19 has affected young people were:
    - Not seeing family and friends and being disconnected.
    - Not being active.
    - Getting behind at school.
  - Some young people reported that COVID-19 improved their wellbeing, with individuals reporting that lockdown allowed them to have an improved exercise routine and also gave them time to rest and be alone.



Source: West Oxfordshire District Council



## Finding out more

Related JSNA resources for Oxfordshire are published alongside this report on [Oxfordshire Insight](#), including:

[Joint Strategic Needs Assessment 2023](#)

[Inequalities indicators small area level dashboard](#)

[Community Insight Profiles](#)

[Health Needs Assessments](#)

[JSNA Bitesize](#)

Public Health England provides a wide range of health indicators and profiles on [Fingertips](#)

ONS population estimates and population projections for county and districts, benefits claimants and the annual population survey are available from [www.nomisweb.co.uk](http://www.nomisweb.co.uk)

[Nomis](#) provides Census 2021 data.

Oxfordshire County Council population forecasts are published on [Oxfordshire Insight](#)

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